Twins are top awardees in Tinian High graduating class. PAGE 2
Guam records 3 COVID-19-related deaths; 27 new cases. PAGE 3

Hafa Adai!

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Saipan Tribune

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AT START OF IMPEACHMENT TRIAL

Five come to Torres' defense

FERDIE DE LA TORRE

Commonwealth Utilities Corp. executive director Gary Camacho is sworn in so he could render his testimony at the start of the impeachment trial of Gov. Ralph DLG Torres in the Senate. Inset show the other witnesses, clockwise from left, Lawrence Pangelinan, Epiphanio E. Cabrera Jr., Prescilla M. Iakopo, and Glenna S. Palacios.

» Impeachment trial may wrap up today; only 2 Articles of Impeachment left to be argued/presented

» Torres' supporters describe ex-AG chief investigator's testimony as 'nail in the coffin' of Articles of Impeachment

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

The impeachment trial of Gov. Ralph DLG Torres in the Senate started Friday with the governor's counsels calling five witnesses, including a former chief investigator of the Attorney General Investigative Division whose testimony was described by some Torres supporters as a "nail in the coffin" of the Articles of Impeachment filed by the Democrat-controlled House of Representatives.

Without a prosecutor in sight, the trial, which was presided over by Senate President Jude U. Hofschneider (R-Tinian), saw the lead counsel for Torres, Anthony Aguon, completing his presentation and arguments pertaining to four Articles of Impeachment. The trial will resume today, Monday, at 10am. Torres' counsels are expected to wrap up their presentation today regarding the remaining two Articles of Impeachment.

The trial was livestreamed online. As of yesterday noon, the video of the trial has already generated 4,200 views on YouTube.

See FIVE on Page 4

3 Superior Court judges recuse selves

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The CNMI's three remaining Superior Court judges have recused themselves from hearing the complaint filed by Sen. Paul Manglona (Ind-Rota) and two CNMI residents against the Senate.

Superior Court Presiding Judge Robert Naraja and associate judges Joseph Camacho and Wesley Bogdan officially filed over the weekend their recusal orders in the complaint and temporary restraining order filed by Manglona and CNMI residents Carmen Patricia Deleon Guerrero and Bruce Lee Jorgensen against the Senate.

According to Naraja, he

See 3 on Page 4

COMMUNITY VULNERABILITY

LEGEND:

- **Red:** Least safe
- **Orange**
- **Yellow**
- **Blue**
- **Green:** Safest

Source: Office of the Governor

INSIDE

LOCAL
Isla and Ethan are the most popular baby names in Guam and the CNMI in 2021.
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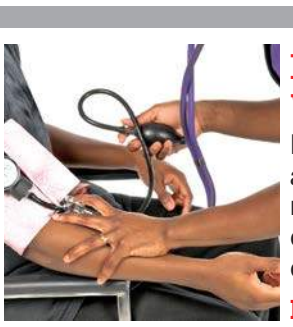
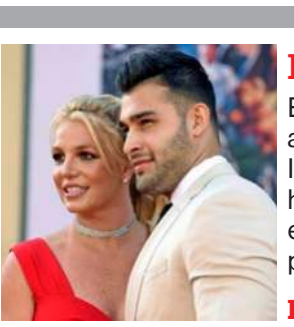


HEALTH & WELLNESS
Here are some health and lifestyle tips on reducing the incidence of strokes in diverse communities.
Page 14



LIFE & STYLE
Britney Spears announces on Instagram that she had a miscarriage early in her pregnancy.
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SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

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Tinian High School's Class of 2022 top 10. From left to right: Isa Ha'ani Gutierrez Long, valedictorian; Clelo Citlalli Gutierrez Long, salutatorian; Peyton Robert Christian (3); Lloyd Aaron Lopez Rivera (4); Matt Edison Salvosa Soliva (5); Malinao Tasi Quitugua Palacios (6); Chit Alain Llanora Acollador (7); Emiliana Anastasia Famaw King (8); Colleen Michelle San Nicolas Cing (9), and Elcy Lizelle Ayuyu John (10). PSS

Local

Twins are the top honorees in Tinian High graduating class

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

In possibly a historic first for the CNMI, twin sisters Isa Ha'ani Gutierrez Long and Cielo Citlalli Gutierrez Long were named the top students of the Class of 2022 of Tinian High School.

CIELO CITLALLI LONG
Salutatorian

ISA HA'ANI LONG
Valedictorian

Isa Ha'ani Gutierrez Long was named the school's class valedictorian this year, while Cielo Citlalli Gutierrez Long was named the salutatorian, both of them leading 31 fellow graduated who were conferred their diplomas during a graduation ceremony last Friday.

Of the 33 graduates, 10 students were also recognized for having the highest grade point averages and were presented with the "Top Ten Awards." Thy included the Long sisters, Peyton Robert Christian, Lloyd Aaron Lopez Rivera, Matt Edison Salvosa Soliva, Malinao Tasi Quitugua Palacios, Chit Alain Llanora Acollador, Emiliana Anastasia Famaw King, Colleen Michelle San Nicolas Cing, and Elcy Lizelle Ayuyu John.

The Board of Education Award went to Isa Ha'ani Gutierrez Long, who had the highest grade point average in all required courses.

The Commissioner's Award was presented to Cielo Citlalli Gutierrez Long.

The Governor's Award was presented to Lloyd Aaron Rivera, while the Lt. Governor's Award was presented to Malinao Tasi Quitugua Palacios. These two awards are presented to two graduating students who have displayed exemplary leadership qualities.

The Mayor's Award went to Chit Alain Llanora Acollador, who had at least three years at Tinian High School, exhibited leadership qualities, and had the highest community and volunteer hours.

The Outstanding Female Graduate Recognition Award was presented to Cielo Citlalli Gutierrez Long, who is also the CNMI Youth Congress speakers. This award goes to the graduating female who has excelled academically and demonstrated exemplary leadership achievements and service in making a significant contribution to the CNMI community.

The PTSA Award was presented to Isa Ha'ani Gutierrez Long.

The School Leadership Award went to Matt Edison

See TWINS on Page 4

Guam records 3 COVID-19-related deaths; 27 new cases

The Joint Information Center in Guam reported Friday that it was notified of three COVID-19-related fatalities:

The 359th COVID-19-related fatality occurred at the Guam Regional Medical City on April 1, 2022. The patient was a 70-year-old male, fully vaccinated with one booster, with underlying health conditions, who tested positive on March 31.

The 360th COVID-19-related fatality occurred at GRMC on April 28, 2022. The patient was a 91-year-old male, fully vaccinated with one booster, with underlying health conditions, who tested positive on April 26.

The 361st COVID-19-related fatality occurred at the Guam Memorial Hospital on May 12, 2022. The patient was a 57-year-old male, unvaccinated, with underlying health conditions, who tested positive on May 12.

"[First gentleman] Jeff [Cook], [Lt. Gov.] Josh [Tenorio] and I pray for lasting peace and comfort for all those who are grieving their loved ones during this pandemic," said Guam Gov. Lou Leon Guerrero. "While our eyes are filled with anticipation and turn toward recovery, pandemic remnants remain through infection and lost lives and should prompt our community to continue practicing mitigation efforts for the safety and wellbeing of our most vulnerable."

Also, the Guam Department of Public Health and Social Services reported 27 new cases of COVID-19 from 908 specimens analyzed May 12, 2022. 14 of the cases reported Friday were through the Department of Defense.

To date, there have been a total of 48,496 officially reported cases in Guam, with 361 deaths, 233 cases in active isolation, and 47,902 not in active isolation.

As of May 12, 2022, 136,526 eligible residents (5 years and older) are fully vaccinated. A total of 58,988 eligible residents have received their first booster shots. 4,127 eligible residents have received their second booster shots. ***(PR/Saipan Tribune)***

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IT&E Summer Work Program

Learn about the telecommunications industry and get paid!

The IT&E Summer Work Program will give up to 10 students who may never have held a paying job before a unique opportunity to gain insight and knowledge about the telecommunications industry in business and operational areas such as Networking, Engineering, Information Technology, Sales and Marketing, Accounting, and Human Resources. Students learn about the business and operations of the Company and how they can be a part of it by observing the work environment, interacting with employees, and hands-on training.

REQUIREMENTS:

- At least 16 years old
- Most recent official school transcript with an overall minimum 3.3 GPA submitted in a sealed envelope
- Recommendation, preferably from a prior instructor, advisor, dean, or principal
- Legally authorized to work in the CNMI
- Computer experience using Microsoft applications

To apply, students must complete an IT&E application online at https://store.ite.net, then select 'careers' tab. Upload other required documents noted above. Submit required documents no later than Wednesday, May 18, 2022. All inquiries must be made by the student and not the parent at 234-2027.

If you are interested in a particular field, please indicate it in your application, however, there are no guarantees that you will get it. This program will run from June 6 – July 29, 2022.

As an Equal Opportunity/Affirmative Action Employer, we afford equal opportunity to all applicants and employees for hire and promotion without regard to race, color, origin, sex, gender identity, age, marital status, religion, veteran status, disability, or genetic information. We are also a Drug Free Workplace.

MESSAGE FROM MAYOR DAVID MUNDO APATANG TO ALL GRADUATING STUDENTS IN THE CNMI AND ABROAD
Congratulations to the graduating students of all grades in Saipan, Tinian, Rota, and in the states on your momentous achievements. We join your proud parents, siblings, friends, and teachers in celebrating another milestone in your life.
Remember, there are no two ways about it. Hard work brings rewards. Be assured that we will always be behind you as you begin a new journey after your graduation.
To all teachers and school administrators, Si Yuus Maase, Ghilisow, Thank You, Salamat Po for all your dedication in helping our students succeed.
Congratulations and good luck!
OFFICE OF THE MAYOR
COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
MUNICIPALITY OF SAIPAN/SUSUPE
UNITED STATES NOV. 4, 1986

3

From Page 1

recuses himself due to conflict of interest because of his close familial ties to plaintiff Deleon Guerrero.

In Bogdan's order, he declared a conflict of interest because he previously served as counsel for Senate President Jude Hofschneider (R-Tinian), who previously served as lieutenant governor, and for his longstanding friendship with plaintiff Jorgensen.

As for Camacho, he recused himself due to conflict of interest but he did not disclose his reason.

Associate judges Kenneth Govendo and Teresa Kim-Tenorio had already filed their recusal orders last Wednesday, also declaring conflict of interest.

As previously seen in other cases involving Gov. Ralph DLG Torres and the Legislature, because all CNMI judges have recused themselves from this case, the case will be heard by a judge from outside the CNMI. However, as of press time, no judge has been appointed yet.

Last Friday, *Saipan Tribune* learned that the complaint and TRO taken out by Manglona and his co-plaintiffs had been given to Camacho since late last Thursday afternoon.

However, as of 10am last Friday, Camacho had yet to review the case material and the Senate proceeded with the impeachment proceedings against Gov. Ralph DLG Torres as scheduled.

According to *Saipan Tribune* archives, Manglona and his co-plaintiffs filed a *pro se* complaint against the CNMI Senate in Superior Court over violations the chamber allegedly made throughout the impeachment process.

Through the complaint, Manglona and his co-plaintiffs sought relief in the form of a TRO to temporarily suspend the impeachment proceedings until the complaint is resolved.

The *pro se* plaintiffs officially filed the motion for a TRO last Thursday.

In addition, the plaintiffs wanted the court to issue an order enjoining the Senate to amend its rules to allow the House of Representatives to appoint up to five prosecutors to take part in the impeachment proceedings, and to enjoin the Senate to allow the House of Representatives to fix their impeachment records for submission.

Named as defendants in this lawsuit are Senate President Jude U. Hofschneider (R-Tinian), and Sens. Karl King-Nabors (R-Tinian), Victor Hocog (R-Rota), Francisco Cruz (R-Rota), Vinnie Sablan (R-Saipan), and Justo Quitugua (R-Saipan).

Manglona and his co-plaintiffs have filed five causes of actions to sue Republican members of the Senate on the grounds of violations of the Open Government Act, violations of the CNMI Constitution, breach of constitutional duty, and alleged deprivation of due process and civil rights.

TWINS

From Page 2

Salvosa Soliva.

The 18th Municipal Council Recognition Award went to Matt Edison Salvosa Soliva and the Pacific Alliance of Municipal Councils High Achievement Scholarship Award was presented to Colleen Michelle San Nicolas Cing.

Friday's graduation ceremony was also attended by parents, government officials, school faculty and staff, and Education Commissioner Dr. Alfred Ada, among others.

FIVE

From Page 1

The Articles of Impeachment charged Torres with committing felony theft of utility services, committing felony theft, corruption for unlawful first class and business class travel, corruption for misuse of government resources, neglect of duty for negligence during crisis, and neglect of duty for contempt of the Legislature.

The witnesses called were Office of Grants Management grant administrator Epiphanio E. Cabrera Jr., former AGID chief investigator Lawrence Pangelinan, Commonwealth Utilities Corp. executive director Gary P. Camacho, former Torres senior policy advisor Glenna S. Palacios, and Marianas Visitors Authority managing director Prescilla M. Iakopo.

Pangelinan testified that Lt. Gov. Arnold I. Palacios, Attorney General Edward Manibusan, and former attorney general Joey San Nicolas also traveled first class during the time Torres was traveling first class. Pangelinan was supposed to be the first witness, but he arrived late, *Saipan Tribune* learned.

Pangelinan said that Manibusan directed him that only Torres shall be investigated, which he said he had opposed as it should be across the board as there were many other government officials who flew premium class at the time. He said he however, reluctantly obliged when Manibusan called him and asked for the status of the investigation.

Camacho testified that Torres did not commit theft of utility services and that the Office of the Attorney General did not investigate Torres for such alleged theft.

Camacho said he later learned from his staff that former governor Juan N. Babauta had two CUC accounts being paid concurrently when he was the governor, and that information was not discussed during the House Judiciary and Governmental Operations Committee hearings.

Aguon noted that JGO chair Rep. Celina R. Babauta (D-Saipan), who introduced the House impeachment resolution, was Babauta's executive assistant.

Palacios testified that she was with the governor and two others on a trip to Oregon and Alaska in April 2018 for official purposes and not for political event. She said the trip enabled the governor to meet with the Western regional director of the Office of Defense local community cooperation and that it yielded approximately $3 million for the CNMI.

Iakopo testified that the MVA board of directors approved a budget of $59,000 for promotion of online influencer/Youtuber Robert Arrington of Deer Meat for Dinner, but the actual expenses only reached $49,800. Iakopo said Arrington produced 20 videos not only about the Northern Islands, but also Saipan, Tinian, and Rota and that these generated 35 million views and counting. She said the 35 million views translate to advertising exposure value for the CNMI in the amount of $1.2 billion.

Aguon was joined at the trial by Gilbert Birnbrich, who sat beside him as counsel for the governor. Washington D.C.-based lawyer Ross Garber, a known impeachment trial expert, was not present but *Saipan Tribune* learned that he will appear virtually today to address count 6 of the Articles of Impeachment.

Torres, in a statement Friday, thanked his supporters for their continued show of support since the proceedings began in the House of Representatives.

"I want to thank them all for their time, efforts, and commitment, from showing up to the first hearings to dismiss in the Senate, to the official hearings now," Torres said.

The governor said he can't thank all of the supporters enough for standing by him, his wife, and family's side as they go through this process.

"We would not be as strong as we are without their support. To see the overwhelming love and encouragement is what drives us every morning to continue to do good for our Commonwealth," he said.

Torres' supporters put up a long tent near the Legislature's parking lot. The tent was covered with banners that read "RESPECT MY VOTE. IMPEACHMENT FOR WHAT?", "NO IMPEACHMENT," and "STAND UP, SPEAK UP! TOGETHER WITH GOVERNOR TORRES!"

FERDIE DE LA TORRE

Family members, relatives, and supporters of Gov. Ralph DLG Torres gather under a tent near the parking lot of the Legislature during the start of the impeachment trial Friday.

Torres' wife, Diann, family members, relatives, supporters, some Cabinet members, and government employees, watched the proceedings from a big screen TV placed under the tent. The governor was in the tent but later left. Cheers could be heard from the tent during the testimony of witnesses.

A few steps away from Torres' supporters was a small tent of three police officers. Some police officers were also seen outside and inside the legislative building.

Bruce Lee Jorgensen, who is a co-plaintiff with Sen. Paul Manglona (Ind-Rota) in a lawsuit against the Senate in Superior Court that seeks to temporarily halt the impeachment trial, was seen seated in the Senate gallery but left after a few minutes. *Saipan Tribune* did not notice any House members in the gallery.

Present at the trial were four of Torres' party-mates—Hofschneider, Karl R. King-Nabors, Francisco Q. Cruz, and Victor B. Hocog. Senate floor leader Vinnie F. Sablan (R-Saipan), who is the governor's running mate in the November 2022 election, has recused himself from the proceedings, along with Sen. Justo S. Quitugua (R-Saipan). The minority senators present were Edith E. DeLeon Guerrero (D-Saipan), Paul A. Manglona (Ind-Rota), and Teresita A. Santos (Ind-Rota).

The CNMI Constitution requires two-thirds of the full Senate—or six senators—to vote "yes" to convict and remove Torres.

At the start of the proceedings, four senators voted "yes" to adopt the agenda and three—DeLeon Guerrero, Manglona, and Santos—voted "no."

The public comments portion of the trial will be done after the hearing on the Articles of Impeachment.

Hofschneider reminded the senators to maintain order and proper decorum. He said if a member refuses to observe the decorum, he will establish and enforce decorum by all means granted to him by the Senate rules. Hofschneider allowed the senators to ask questions to witnesses by writing them on a piece of paper. Hofschneider would then read the questions to the witnesses.

Before calling the first witness, Aguon said the purpose of the hearing is for the House to present witnesses and evidence to prove the allegations against Torres. Aguon said to this point, he has identified a number of reasons that justify voting "no" on all six Articles of Impeachment.

First, he said, the House failed procedure because it did not comply with the House and the Senate rules when they impeached Torres.

The lawyer said the House also failed legally because the Articles of Impeachment do not comply with the CNMI Constitution and laws of the Commonwealth.

"Today, you will hear about how the House failed substantively because it cannot meet its burden to each of the Articles of Impeachment by clear and convincing evidence," he said.

Aguon said he is confident that, by the end of this hearing, there will be no doubt in the senators' mind that this has been a failed impeachment effort on all counts.

He said the House has chosen not to enter any appearance and, as a result, they are without an impeachment prosecutor. He said the House has also chosen not to file an impeachment record or any other evidence in support of their Articles of Impeachment. As a result, not a single piece of supporting evidence is before the Senate today, Aguon said.

He said now is the only time for the House to prove its Articles of Impeachment against the governor with clear and convincing evidence and not during public comments or in press releases.

"And since there's nothing before you, Gov. Torres could technically just sit back and do nothing at all," the lawyer said.

However, Aguon said, the Senate and the people of the Commonwealth deserve to hear the truth—that there is also a significant amount of evidence that directly contradicts what the House has alleged against Torres in its Articles of Impeachment.

Aguon said it will soon become apparent to the senators that what the House did was cherrypicked facts that supported their claims made in the Articles of Impeachment and conveniently ignored the true facts.

Aguon then called their first witness.

On the Impeachment Article 2, Cabrera testified that Torres issued a memo on June 6, 2017, to revise the travel regulations as they have been receiving a lot of complaints from government officials stating that the per diem is not enough when they travel off island.

Cabrera said Labor Secretary Vicky Benavente was the chair of the review committee and there were several members, including Claudio K. Norita.

He said they received feedbacks and analyzed the information to figure out the best approach to draft the new regulations. He said that's when they inserted first class travel for the governor and lieutenant governor as they felt that it is in the best interest of the government that these two individuals are well-rested before they had to attend meetings in Washington, D.C. or abroad.

Cabrera said the consensus of the committee was that the governor and the lieutenant governor should receive first class status. He said Manibusan received a copy of the regulations via an email. He said Manibusan called him to his office and provided comments about what should be inserted in the regulations and recommended that the Office of the Attorney General or himself should have an official representation in the amount of $5,000 during off-island trips, just like the governor and lt. governor. Cabrera said they inserted Manibusan's recommendation about the official representation.

He said Manibusan never mentioned that a provision allowing for premium travel violated the statute.

A longer version of this story is available at www. saipantribune.com

2 get 57-month sentences for meth possession with intent to distribute

Two Saipan residents have each been sentenced to 57 months in prison—four years and nine months—in the U.S. District Court for the NMI for possession with the intent to distribute more than 50 grams of methamphetamine or "ice."

Eugene Ka Lok Wong, 31, a U.S. citizen and resident of Saipan, and Dwight Lee Deleon Guerrero Aldan, 47, also a U.S. citizen and resident of Saipan, will also undergo five years of supervised release following imprisonment,

They were also ordered to render 100 hours of community service and made to pay a mandatory $100 special assessment fee each. In addition, defendants convicted of a federal drug offense may no longer qualify for certain federal benefits.

"We continue to partner with federal and CNMI law enforcement agencies to combat drug trafficking in our islands," said Shawn N. Anderson, U.S. Attorney for the Districts of Guam and the Northern Mariana Islands. "Together, we will hold those who poison our communities accountable for their conduct."

This case was investigated by the Drug Enforcement Administration, U.S. Postal Inspection Service and CNMI Customs. The case was prosecuted by assistant U.S. Attorney Albert S. Flores Jr.

CNMI Customs officers arrested Wong at a United States Post Office on Saipan last Dec. 18, 2020, after he retrieved a mail parcel containing methamphetamine. Lab analysis determined that the package contained 111 grams of methamphetamine with a purity of 92%. Customs officers discovered the package during joint surveillance with the DEA and investigation by the U.S. Postal Inspection Service. The investigation revealed that Wong intended to distribute the methamphetamine to various persons on Saipan.

On Dec. 22, 2020, again in cooperation with the DEA and U.S. Postal Inspection Service, CNMI Customs interdicted another parcel containing 56 grams of methamphetamine with a purity of 85%. Aldan retrieved the parcel from the post office and intended to distribute the drugs on Saipan with Wong. In total, the packages contained approximately 1,670 individual doses of methamphetamine, with a street-value of more than $83,500.

DEA Los Angeles Division special agent in charge Bill Bodner said that methamphetamine and other highly addictive synthetic drugs pose a significant threat to the island community. "Through the collaboration with our law enforcement partners we continue to disrupt the distribution of dangerous drugs and hold those responsible," he added.

Inspector-in-charge Rafael Nuñez of the U.S. Postal Inspection Service, San Francisco Division said: "Postal inspectors are dedicated to protecting postal customers and employees from all kinds of harmful material in the mail. We hope this sentence sends a message to drug traffickers not to use the mail to transport controlled substances to Saipan or anywhere else."

Wong and Aldan were each sentenced in the U.S. District Court for the Northern Mariana Islands for violating 21 U.S.C. § 841(a)(1). ***(Saipan Tribune/PR)***

NORTHERN MARIANAS HOUSING CORPORATION
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Email: nmhc@nmhc.gov.mp
Website: http://www.nmhcgov.net

PUBLIC NOTICE

Pursuant to Public Law 8-41, the Northern Marianas Housing Corporation (NMHC) Board of Directors, through its Chairperson of the Board, is hereby giving notice that the Special Board Meeting is scheduled for Tuesday, May 17, 2022 at 3:00 p.m. at the NMHC Conference Room, Saipan. The public is welcome to submit written or oral comments regarding the agenda below. Individuals interested in attending the meeting and needing special accommodations are requested to contact NMHC in advance.

I. PRELIMINARY MATTERS
   a. Call to Order
   b. Roll Call
   c. Adoption of Agenda
II. Tropex Garden Company Ltd. Protest for NMHC IFB 2021-018 Oleai Sewer Line Replacement Project.
   a. Public Comments
      i. Tropex Garden Company Ltd.
      ii. NMHC Corporate Director
      iii. Interested persons
   b. Deliberation
III. ADJOURNMENT

(Notes: Pursuant to Public Law 8-41, Section 13 (a)(7) and Section 13(c), the Board may vote to meet in executive session.)

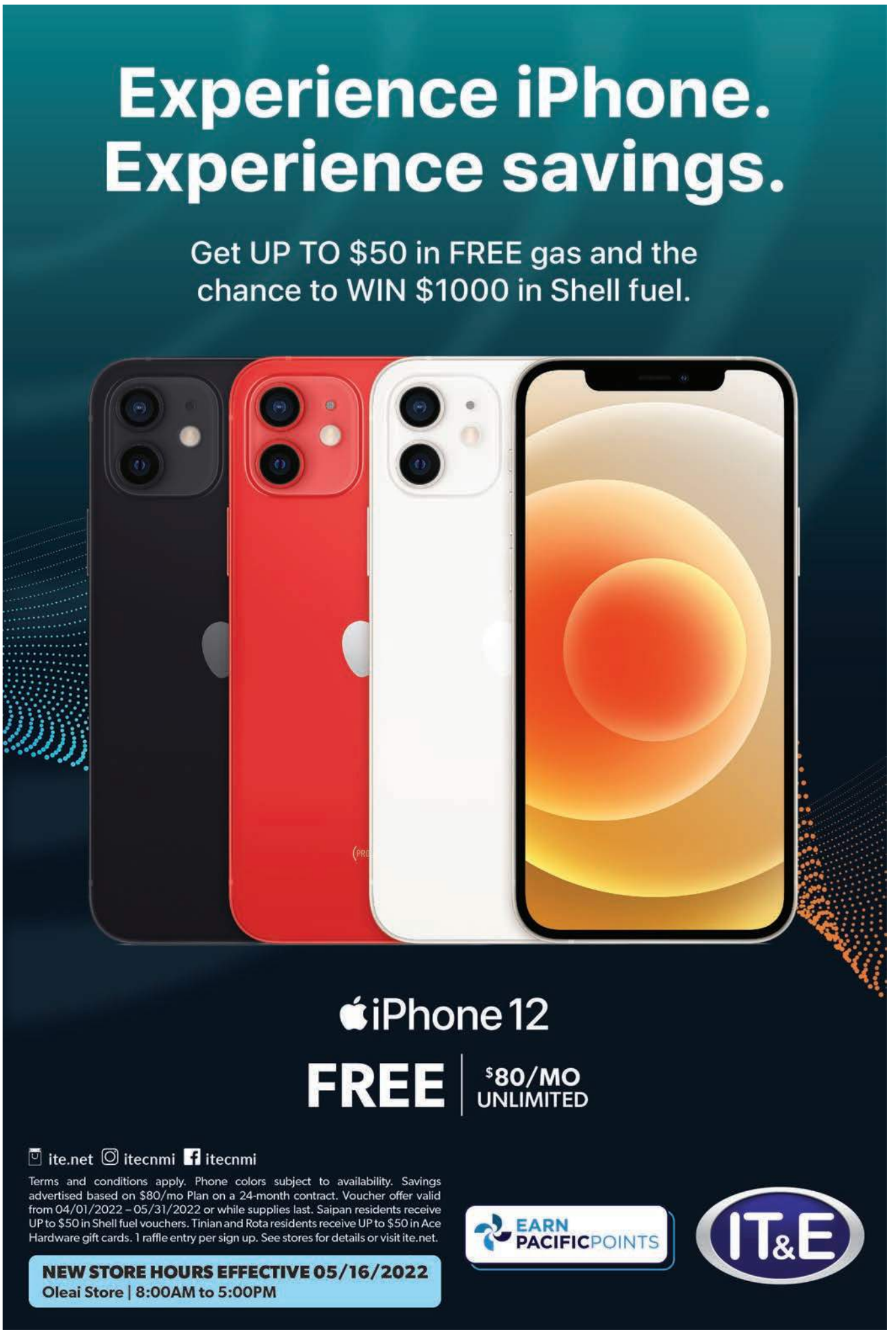
/s/
Merced (Marcie) M. Tomokane
Chairperson of the Board

Commonwealth of the Northern Mariana Islands
HEALTH CARE PROFESSIONS LICENSING BOARD
P.O. Box 502078, Bldg., 1242 Pohnpei Court
Capitol Hill, Saipan, MP 96950
Tel No: (670) 664-4809 Fax: (670) 664-4814
Email: cnmi@cnmibpl-hcplb.net
Website: cnmibpl-hcplb.net

Pursuant to P.L. 8-41, Section 11, Governor Ralph DLG. Torres and Lt. Governor Arnold I. Palacios, through the Health Care Professions Licensing Board (HCPLB) are hereby giving notice that it will hold its regular monthly board meeting on *Tuesday, May 17, 2022, at 8am* on Saipan. The meeting will be held at the Administration Building, Governor's Conference Room on Capitol Hill.

AGENDA

I. Meeting Call to Order
II. Determination of Quorum
III. Review and Adoption of Agenda
IV. Review and Adoption of Minutes (04/13/2022)
V. Public Comments
VI. Chairperson's Report
   A. Information on Foreign Practitioners Treating Athletes During the Mini Games
   B. Reassignment of HCPLB Legal Counsel
VII. Director's Report
   A. Trip Report - FSMB Annual Meeting, New Orleans, LA
   B. Inquiry Regarding Temporary Psychology License to Provide Service
   C. Update on Regulations for Addiction Professional
   D. Association of Marriage and Family Therapy Regulatory Boards (AMFTRB) Membership
   E. Update on the Hearing Confirmation of Ted Parker and Dr. Tiffany Willis
VIII. Investigator's Report
IX. Communications from the Governor's Office & Legislature
   A. Governor's Office
   B. Legislature
X. Old Business
   A. Amending Physician Regulation/Application
XI. New Business
XII. Pending Applications for Board's Review
   A. New Application
   B. Renewal Application
XIII. Miscellaneous Business
XIV. Executive Session: The Board may vote to meet in executive session to consult with Counsel on pending or anticipated legal matters.
XV. Announcements
   A. Next Meeting Date
   B. Adjournment of Meeting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Get UP TO $50 in FREE gas and the chance to WIN $1000 in Shell fuel.
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Terms and conditions apply. Phone colors subject to availability. Savings advertised based on $80/mo Plan on a 24-month contract. Voucher offer valid from 04/01/2022 – 05/31/2022 or while supplies last. Saipan residents receive UP to $50 in Shell fuel vouchers. Tinian and Rota residents receive UP to $50 in Ace Hardware gift cards. 1 raffle entry per sign up. See stores for details or visit ite.net.
NEW STORE HOURS EFFECTIVE 05/16/2022
Oleai Store | 8:00AM to 5:00PM
EARN PACIFICPOINTS
IT&E

Ethan, Isla most popular baby names in A. Samoa, Guam, NMI in 2021

The Social Security Administration announced Friday the most popular baby names in American Samoa, Guam, and Northern Mariana Islands for 2021. Isla and Ethan topped the list.

The top five boys and girls names for 2021 in American Samoa, Guam, and Northern Mariana Islands were:

■ Boys: Ethan, Caleb, Aiden, Anthony, and Elijah

■ Girls: Isla, Olivia, Mia, and Stella

The agency announced last week that Olivia and Liam were the most popular baby names in the United States. How does American Samoa, Guam, and Northern Mariana Islands compare to the rest of the country? Check out Social Security's website—www.socialsecurity.gov—to see the top national baby names for 2021.

The agency began compiling the baby name list in 1997, with names dating back to 1880. At the time of a child's birth, parents supply the name to the agency when applying for a child's Social Security card, thus making Social Security America's source for the most popular baby names.

In addition to each state's top baby names (and names for U.S. territories), Social Security's website has a list of the 1,000 most popular boys and girls names for 2021.

To see the fastest rising girls and boys names in 2021, go to www.socialsecurity.gov/news/press/releases/2022/#5-2022-1. ***(PR)***

ON THE NET

See list at www.socialsecurity.gov

30 Customs cadets to graduate in July

The CNMI Customs and Biosecurity Division is gearing up for its 30 Customs cadets from Saipan, Tinian, and Rota to graduate this year, tentatively set for July 29.

According to acting Customs director James Deleon Guerrero, the upcoming graduation is going to be historic because not only is it the largest graduating class by far, but it is also the only class that will be graduating with associate degrees, thanks to Customs' current partnership with the Northern Marianas College.

"Even though they are employed by us, it's NMC that calls the shots as to what exactly happens to them. Then, once they're able to go through the academic phases, that's when they get turned over to us for graduation. It's really a historic academy in the sense that these guys will not just be earning credits, but we're also going to be getting their associate degree," he said.

Deleon Guerrero said the academy is composed of a physical phase, academic phase, and job training phase.

"The academy is comprised of the academic component, and this time around, this is our first with the Northern Marianas College, so we're very excited to have NMC as a partner in delivering the academic portion. We do have physical fitness like the agility tests our cadets need to undergo as part of their training. Finally, we also do hands-on work. So we have our cadets participate in on-the-job training where they shadow other officers. This is all to further develop their skills in becoming the inspectors that we want them to be in the future," Deleon Guerrero said.

This year, Deleon Guerrero said the students also underwent a survival course.

"They were also required to undergo the officer survival courses where they are actually taught handcuffing techniques, self-defense, etc. And then there's also a portion where they have to be certified in the firearms that they're going to be issued," he said. ***(Kimberly B. Esmores)***

Commonwealth Utilities Corporation

JOB VACANCY ANNOUNCEMENT

JVA No. 22 – 066

Opening Date: May 12, 2022
Closing Date: May 25, 2022

POSITION TITLE:	**Fiscal Assistant: Meter Reader**
DEPARTMENT:	**COA/Billing & Collections**
LOCATION:	**Saipan, Northern Marianas Islands, USA**
ANNUAL SALARY:	**$16,742.00 - $22,602.00 per annum, (plus Hazardous pay) Non-Exempt**
CONTRACT:	**Not Contracted**
POSITION(S):	**Two (2)**

The incumbent will be under the direct supervision of the Chief of Administration or his/her designee.

Duties:

- Required to work in the field obtaining utility meter readings for electric and water consumption meters, deep well or outflow meters and other similar devices and entering data in hand-held computers or devices.
- Perform work orders for customer service verifications and investigations. Reports findings and recommends solutions and updates customer accounts.
- Performs research on account discrepancies or unusual meter readings and consumption. Reports irregularities or reasons for fluctuations.
- Prepares reports of findings, deficiencies and recommendations to assist in investigations and billing resolutions as needed.
- Inspects, repairs, replaces or disconnects utility meters and equipment and services.
- Assigns routing numbers for customer locations.
- Monitors meters for damaged or unauthorized connections and tampering.
- Assist in reviewing cycles, work orders, and readings in preparation of bill processing.
- Assist in the processing and printing of customer bills and delivery of bills and notices.
- Assist other divisions with mapping projects, locations, and other requirements.
- Assist other divisions with mapping projects, locations, and other requirements.
- Operates and maintains use of government vehicles; conducts basic vehicle inspections to ensure they are in proper working order and recommends service and maintenance of vehicles.
- Performs other duties of a similar nature and level as assigned.

Minimum Requirements:
Education: High School Diploma or GED or ABE Program AS Diploma.
Knowledge of: Customer service principles; Basic mathematical principles; Recordkeeping principles; Safety principles and safe work practices; Applicable equipment used in field utility services (based on assignment); Modern office technology.
Skills in: Coordinating services with other departments or resources; Inspecting and operating field equipment related to utility usage (based on assignment); Performing basic mathematical calculations; Researching account information or discrepancies; Preparing and maintaining files, forms, reports and records; Copying and scanning documents; Updating, maintaining and preparing reports and spreadsheet tracking documents; Utilizing a computer and relevant software applications; Utilizing communication and interpersonal skills as applied to interaction with coworkers, supervisor, the general public, and others to sufficiently exchange or convey information and to receive work direction.

Licensing: o Valid CNMI Driver's License with appropriate class.

All applicants may be tested and all applicants are subject to pre-employment drug test.

How to Apply: Submit a completed CUC Employment Application, resume, and applicable supporting documents to the CUC Human Resources office located on the 3rd Floor of the Joeten Dandan Building on Saipan, Monday through Friday 7:30 am – 4:30 pm (Except Legal Holidays). Applicants on the island of Tinian and Rota may submit their documents to their respective CUC Administration office. Application, resume and supporting documents can also be e-mailed to: employment.applications@cucgov.org

P. O. Box 501220, Third Floor, Joeten Dandan Building, Saipan, MP 96950
Tel: (670) 664-4282 • Fax: (670) 235-5131
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Robert.torres@rttlawgroup.com
Attorney for Petitioner Felicidad Teregeyo Calvo

IN THE SUPERIOR COURT FOR THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

IN THE MATTER OF THE ESTATE OF DOLORES SOMORANG TEREGEYO, Decedent.	CIVIL ACTION NO. 22-0057 ORDER CONTINUING HEARING ON THE PETITION TO ADMIT ESTATE TO PROBATE AND APPOINTMENT OF ADMINISTRATRIX Hearing Date: May 19, 2022 Time: 10 am Judge: Camacho

This matter came on for hearing on May 5, 2022 at 10 am. Petitioner appeared with counsel Robert T. Torres. Mr. Torres informed that the publication requirement has not been met as the local paper had not followed on the publication request. For cause shown and to meet the publication requirement, the matter is continued to May 19, 2022 at 10 am. SO ORDERED.

JOSEPH N. CAMACHO
Associate Judge

JOB VACANCY ANNOUNCEMENT

ELEMENTARY/SECONDARY SCHOOL TEACHERS (2): Elementary School Teacher – Prepare, teach, and facilitate lessons and monitor and manage students in classroom in accordance to the set objectives of the school curriculum. Give assignments, grade, and provide feedback on student work. Complete general administrative work and participate in extracurricular activities. Education: Bachelor's in Primary or Secondary Education; Experience: 24 Months as an Elementary, Middle, or Secondary School Teacher. Send Resume to: Green Meadow School, Attn: Milagros Songcuan, P.O. Box 502862, MP 96950.

COMMONWEALTH PORTS AUTHORITY

MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
PO BOX 501055•SAIPAN•MP•96950
PHONE: (1-670) 237-6500/1 | FAX: (1-670) 234-5962
E-MAIL ADDRESS: CPA.ADMIN@PTICOM.COM | WEBSITE: WWW.CNMIPORTS.COM

REQUEST FOR PROPOSALS FOR CASH DEPOSITORY SERVICES

CPA-RFP-006-22

Notice is hereby given that the Commonwealth Ports Authority (CPA) is accepting sealed proposals, subject to the terms and conditions of this Request for Proposals (RFP), and other contract provisions, for proposals from service providers to provide cash depository services for the CPA.

Proposals must be submitted to the CPA Administration Office, 2nd floor of the Arrival Terminal at the Francisco C. Ada/Saipan International Airport, Saipan, Commonwealth of the Northern Mariana Islands no later than **4:30 PM, MONDAY, JUNE 9, 2022**. Proposals received after this date and time will not be considered and will be returned unopened. One original and three copies of each proposal shall be submitted in sealed envelopes marked as 'Confidential' and each envelope must include the RFP number on the outside. It is the sole responsibility of a proposer to submit its proposal or proposals in a timely manner.

A Proposal Package consisting of the Scope of Work and further details is available for pick up at the CPA Administration Office, 2nd Floor of the Arrival Terminal, Francisco C. Ada/Saipan International Airport beginning May 09, 2022. There is no charge for the proposal package.

This RFP is issued pursuant to Chapter 40-50, Procurement Rules and Regulations of Title 40 of the Northern Mariana Islands Administrative Code (NMIAC). Title 40, including Chapter 40-50-225, Request for Proposals, is applicable to the process followed by the RFP.

Questions and inquiries regarding this Request for Proposals shall be submitted in writing and may be delivered to the Office of the Executive Director, Commonwealth Ports Authority, at the Saipan International Airport, faxed to (670) 234-5962 or emailed to chris.tenorio@cnmiports.com with copy to atudela@cnmiports.com . Deadline for questions and inquiries is 2:00 p.m. June 01, 2022.

CPA reserves the right to reject any or all proposals submitted for: (a) any of the reasons set forth in this Request for Proposals; or (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid rejection or cancellation; or (c) sufficient justification exists that awarding the project contract would not be in the best interest of CPA. CPA further reserves the right to waive any defects in said proposals if in its sole opinion to do so would be in CPA's best interest.

All proposals shall become property of the Commonwealth Ports Authority.

CHRISTOPHER S. TENORIO
Executive Director

May 9, 2022
Date

COMMONWEALTH PORTS AUTHORITY

MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
PO BOX 501055•SAIPAN•MP•96950
PHONE: (1-670) 237-6500/1 | FAX: (1-670) 234-5962
E-MAIL ADDRESS: CPA.ADMIN@PTICOM.COM | WEBSITE: WWW.CNMIPORTS.COM

REQUEST FOR PROPOSALS FOR COURIER SERVICE

CPA-RFP-005-22

Notice is hereby given that the Commonwealth Ports Authority (CPA) is accepting sealed proposals, subject to the terms and conditions of this Request for Proposals (RFP), and other contract provisions, for proposals from service providers to provide mail/courier services for the CPA.

Proposals must be submitted to the CPA Administration Office, 2nd floor of the Arrival Terminal at the Francisco C. Ada/Saipan International Airport, Saipan, Commonwealth of the Northern Mariana Islands no later than **4:30 PM, MONDAY, MAY 31, 2022**. Proposals received after this date and time will not be considered and will be returned unopened. One original and three copies of each proposal shall be submitted in sealed envelopes marked as 'Confidential' and each envelope must include the RFP number on the outside. It is the sole responsibility of a proposer to submit its proposal or proposals in a timely manner.

A Proposal Package consisting of the Scope of Work and further details is available for pick up at the CPA Administration Office, 2nd Floor of the Arrival Terminal, Francisco C. Ada/Saipan International Airport beginning May 02, 2022. There is no charge for the proposal package.

This RFP is issued pursuant to Chapter 40-50, Procurement Rules and Regulations of Title 40 of the Northern Mariana Islands Administrative Code (NMIAC). Title 40, including Chapter 40-50-225, Request for Proposals, is applicable to the process followed by the RFP.

Questions and inquiries regarding this Request for Proposals shall be submitted in writing and may be delivered to the Office of the Executive Director, Commonwealth Ports Authority, at the Saipan International Airport, faxed to (670) 234-5962 or emailed to chris.tenorio@cnmiports.com with copy to atudela@cnmiports.com. Deadline for questions and inquiries is 2:00 p.m. May 23, 2022.

CPA reserves the right to reject any or all proposals submitted for: (a) any of the reasons set forth in this Request for Proposals; or (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid rejection or cancellation; or (c) sufficient justification exists that awarding the project contract would not be in the best interest of CPA. CPA further reserves the right to waive any defects in said proposals if in its sole opinion to do so would be in CPA's best interest.

All proposals shall become property of the Commonwealth Ports Authority.

CHRISTOPHER S. TENORIO
Executive Director

Date

NORTHERN MARIANAS COLLEGE
Procurement & Property Management Office
P.O. Box 501250 • Saipan, MP 96950 U.S.A.
Phone: (670) 234-5498 Ext. 6824 | www.marianas.edu

INVITATION FOR BIDS

ELECTRONIC GOLF CARTS
NMC IFB 22-0005

Northern Marianas College is soliciting competitive sealed bids for the procurement and delivery of Two (2) Electronic Golf Carts Equipment for Saipan Campus.

The bid specifications and Scope of Work packet may be pick up at the NMC Procurement Office, Bldg. P, commencing Monday, May 09, 2022 between the hours of 10:00-11:30 a.m. and 1:00-4:00 p.m.

Electronic packet, Anita Camacho email: anita.camacho@marianas.edu

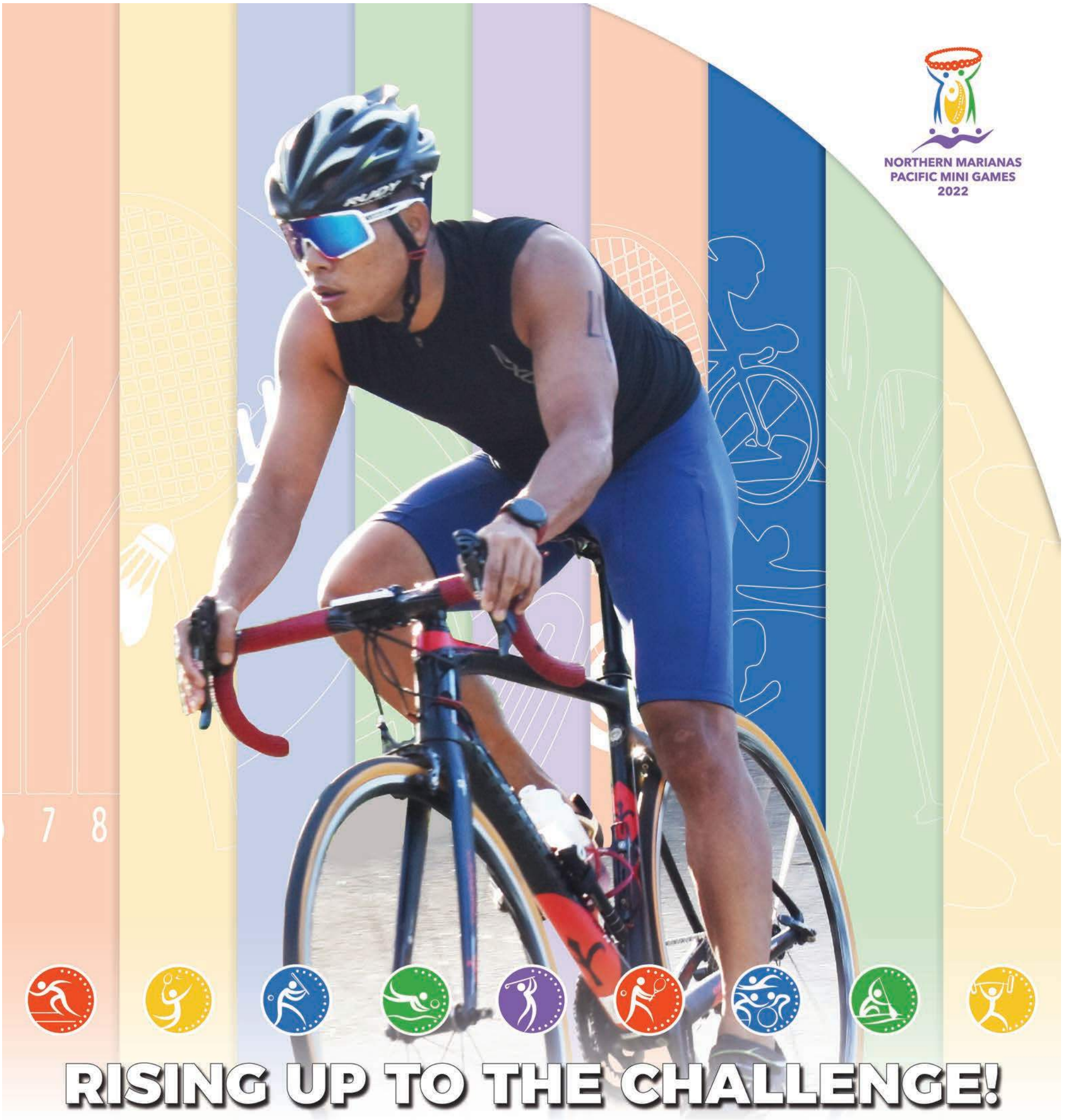
Bid submission
Procurement & Property Management Office, Bldg. P,
As Terlaje Campus Saipan
Due Date and Time: 10:00am, June 10, 2022, ChST

Paid for by 100% Federal Funds through USDA-Rural Development Community Facilities- Disaster Grant Case Number 62-005-91982292.

This solicitation does not constitute an offer and does not obligate the College in any way. The College reserves the right to reject any and/or all bid offers for any reason and waive any defect in said bids, or cancel in part or its entirety this IFB, if it deems, in its sole discretion, it is in the best interest of the College.

Approved by:

/s/ Anita Camacho
Procurement & Property Manager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Opinion

Hafa Adai!
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MEMBER

The Associated Press | Pacific Islands News Association

EDITORIAL

Protesting for Roe at justices' homes is self-defeating and wrong

The apparently pending Supreme Court opinion overturning Roe v. Wade is an affront to women's rights to biological self-determination and to all Americans' rights to privacy. This is why wide majorities of the country oppose the coming reversal of Roe. But if that support is to remain strong and eventually translate into abortion-protection legislation, pro-choice forces must quit sabotaging themselves by engaging in threatening protests at justices' homes—and the Biden administration must enforce federal law prohibiting such actions.

To be sure, the leaked draft of Justice Samuel Alito's opinion, joined by four other conservatives on the court, is infuriating. In language berating and dismissive of a right that has been a cherished and transformative one to more than half the U.S. population for almost half a century, Alito effectively struck down the entire premise of a right to privacy implicit in the Constitution. Were he right (he's not), other rights like access to conception, same-sex marriage and even interracial marriage could also be on the chopping block.

Activists lately have staged protests outside the homes of Alito and other conservative justices. In response, Govs. Glenn Youngkin of Virginia and Larry Hogan of Maryland sent a letter this week to U.S. Attorney General Merrick Garland demanding that he enforce a federal law making it a crime to "picket" judges' residences "with the intent of influencing" their decisions.

The protesters argue that law doesn't apply in this case because their intent is to express their fury, not to influence the upcoming decision. Even if that's true, they miss a broader point. The potential loss of Roe is a huge issue that should be debated as an issue, not as a personal attack on individuals. What they're doing is comparable to anti-choice demonstrators intimidating women as they enter abortion clinics.

The key to keeping some legislative or other form of abortion rights in place is to convince the broad middle. Polls indicate moderates strongly favor keeping some level of abortion rights in force. If pro-choice activists want to keep that tentative majority alliance in place, the last thing they should do is present themselves as radicals who shout slogans at judges' families in their homes in response to rulings they don't like.

Yes, as one protester told The Washington Post, there is something galling about the premise that "the Supreme Court wants to have domain over women's uteruses and yet the sidewalk in front of their homes is somehow sacred ground." It may not be sacred ground, but it is outside the legitimate parameters of debate and protest. For the sake of both political propriety and strategic effectiveness, those activists should keep to the Supreme Court steps.

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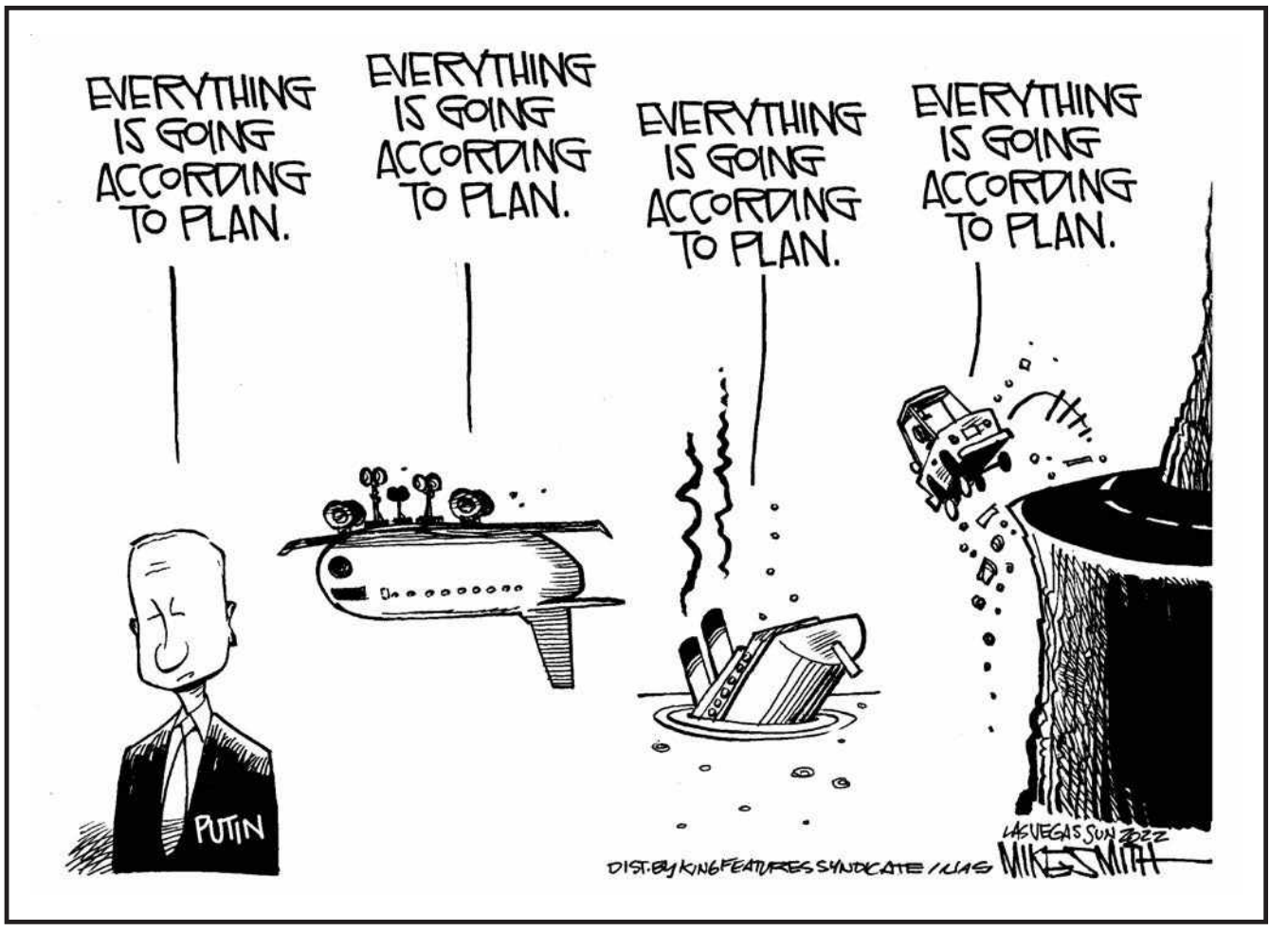
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MIKE SMITH

I watched male loved ones deny their hearing loss. Left untreated, it devastated their lives

By LOUISE ANDREWS
Chicago Tribune

Louise Andrew is a physician attorney and disability rights advocate who represents over 60,000 senior physician members of the American Medical Association.

Purging closets bursting with hideous ties reminded me of how difficult it is to "gift" a father with something of value on Father's Day.

I had a very close relationship with my father and both grandfathers, who supported and protected me always. Fatherly and grandfatherly support is a profound gift for any daughter or granddaughter. I am eternally grateful for these mentors and wish their loving influence had persisted longer.

All my fathers had excellent longevity. But what could have helped them to live even longer, more engaged and fuller lives? Here is what I wish I had given them: Release from the need to appear to be consistently strong, self-sufficient and invincible. The ability to acknowledge and adapt to advancing age and associated infirmities and the courage to admit the inability to solve every problem alone. I wish I could have gifted them the willingness to seek and use help when indicated. To release them from a belief that seeking help means you are "less of a …," whatever it is, that you feel you must always and consistently be, as a father and as a man.

The gift I would bestow on all fathers is the courage to address the curse that took the intellect of my father, one grandfather and my father-in-law: age-related hearing loss, also known as ARHL. Not being able to hear or properly process information made these men first defensive, then blameful, isolated and in denial. Eventually it rendered them less companionable and less interesting to people around them, ignored and, ultimately, avoided by those who might have helped them prevent the dementia that resulted from ARHL.

More than 460 million people worldwide suffer from disabling hearing loss, according to the World Health Organization. In the U.S., hearing loss affects one-third of those 65 to 74 years old and nearly half of those older than 75, the National Institute on Deafness and Other Communication Disorders reports. ARHL is the most common remediable cause of cognitive impairment, falls and depression. Johns Hopkins researchers found up to a fivefold increased risk in older adults of developing cognitive impairment, including dementia, when significant hearing impairment remains unaddressed.

Although I owe all of my education to my financially astute grandfather, his stubborn refusal to address hearing loss ultimately led to social isolation. As fresh memories faded, repetition of the same stories made him less engaging and, ultimately to some, the object of derision. The exact same denial in my once-gregarious father led to ostracism in his retirement community, contributing to his death by a stroke after multiple falls. My even more sociable father-in-law developed a form of dementia that was completely surgically curable, but the hearing loss he refused to address made him so uninteresting to be around that no one realized what was happening until it was too late for surgery.

By contrast, my physician grandfather, who used hearing aids, practiced medicine until he died at 81.

If you have ARHL, you may be thinking, "If everyone would just come closer, put down their gadgets, look directly at me, stop mumbling and enunciate more clearly, there would be no problem." Right?

Wrong. Incoming students in an audiology program were required to wear earplugs for their first three days. That first day, they could ask people to repeat what they had said. By the second, students noticed their interactions became shorter and terser. By the third, people actively began to avoid them. These "hearing impaired" students were essentially being isolated. This same sequence occurs even in close and long-term relationships, albeit more gradually.

If you are beginning to experience hearing loss, your loved ones are sympathetic and supportive at first. ARHL is a disability, and it's probably not your fault. But as it becomes more difficult to make ourselves understood, we are less likely (when communication is not truly essential) to make an effort. If we've brought the hearing issue up many times before, and you do not respond, you begin to seem more stubborn than fragile. ARHL is easily addressed, and yet, to a loved one, your denial of it feels as if you don't care about your own well-being, the health of our relationship or the happiness or even safety of those who love and may depend on you.

If your father is one of the 500 million worldwide with hearing loss, try this gift: Remind him that you love him dearly and want him as a trusted adviser for as long as humanly possible. Urge him to have his hearing tested and to get hearing aids if indicated. These devices are both effective and almost invisible, and effective alternatives are also available over-the-counter.

Honor your father by giving him this courage and love on Father's Day.

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Where are the Solomon Islands and why are they important to the United States?

RICK'S COLUMN
By RICK ARRIOLA PEREZ
Special to the Saipan Tribune

Rick Arriola Perez used to serve in the U.S. military and has work experiences in public policy research and public affairs. He is passionate about national security and geopolitics and runs a newsletter called Guam Affairs at guamaffairs.substack.com. For questions or comments, contact Perez at rickp7839@gmail.com.

The Solomon Islands are in the southern hemisphere, east of Papua New Guinea and east northeast of Australia. The Solomon Islands is a former English colony that became politically independent about 45 years ago.

While the Solomon Islands are politically independent, this country doesn't have the power or influence to permanently shape the broader Oceania area and region because it is a small island nation eclipsed by the power and relative might of Australia and the United States.

The Solomon Islands are crucial to the United States and Australia because they are located south of Micronesia, and close to Australia, a key American ally.

What Solomon Islands leaders did to garner attention

It was recently announced that the Solomon Islands has partnered with China for the purpose of giving China military access to port facilities. The Solomon Islands government was previously aligned with Taiwan. This current security deal between the Solomon Islands and China does not talk about giving China the option to construct a permanent military base.

Australia is furious with this development because it doesn't want the Chinese military to have long-term land-based military access close by. Australia's opposition to this move by the Solomon Islands comes at a time when Australia sells iron ore, seafood, coal, and other materials to China. As most of us are aware, the U.S. has sound military relationships with Australia and New Zealand, which are located to the south of the Solomon Islands.

The Chinese have taken a deep interest in the domestic affairs of the Solomon Islands government for a variety of reasons. The Solomon Islands government can now receive Chinese-sponsored homeland security support services should the need arise to quell domestic political pressures resulting from Solomon Islands ending its relations with Taiwan and partnering with China. It should be noted that the Solomon Islands is also preparing for a major political election in 2023.

What is all the fuss about? It is about Pacific Island power grabs in a key strategic area of the world

The Chinese, unlike the United States, have few military bases overseas. The Chinese have a military installation in Djibouti in Africa. China continues to fortify and build out its military suite of capabilities and bases throughout its near-seas region in the South China Sea.

By contrast, the United States has approximately 800 military bases and installations of some sort or another located across the globe.

What the United States is worried about is that China will eventually seek to build a permanent military base on the Solomon Islands, which will create new kinds of challenges to American national security interests in the region.

Guam and the Northern Mariana Islands are within 2,000 miles from the Solomon Islands. Should China get unfettered access to Solomon Island port facilities, and should China eventually have a permanent basing arrangement with the Solomon Islands government, the Chinese military would then be able to further penetrate and observe at much closer distances major American commercial and military resource flows of sea-based traffic and routing.

Let us remember some important facts

Let's remember that the U.S. currently has about 300 submarines and ships. China has about 350 submarines and ships plus a huge ship count of coast guard and auxiliary vessels that are operational.

China is poised to break the 400-military ship count mark within the next eight years because it has the national resource base to construct and deliver military vessels at a clip far surpassing the American industrial base capacity to construct and deliver submarines and surface vessels.

The United States and Australia worry about Chinese strategic intentions in Micronesia because our region islands currently have ties and relationships with Taiwan. China has the time, money and national Maritime Belt and Road Initiative policy to play the long game and while pledging to improve the overall quality of life for Solomon Islands citizens.

What our Chamorro Pacific Islander civilization should be thinking about

Because Guam and the NMI are American affiliated and aligned islands that host massive concentrations of U.S. military related resources, the establishment of a Chinese military presence and the possibility of seeing China constructing a military base in the region in the future will continue to be worrisome for American and Australian officials.

Our region is directly north of the Solomon Islands and if China was able to permanently penetrate the immediate vicinity of our Deep Blue Pacific Ocean continent, the likelihood that an accident or miscalculation will take place increases.

China is incredibly strategic about its behavior in our region. China's behavior challenges the American-led status quo that has been in place over the last seven decades. Our entire Micronesian region continues to be further militarized by the United States, providing regional cooperation armed forces training events.

As the arms race and bilateral competition between the United States and China continues in the western and southern Pacific, what we are witnessing is the establishment of additional military-related concentric circles of superpower interest, which may create greater instability in our collective Deep Blue Pacific Ocean continent backyard.

It's time to build a global pro-democracy movement

By YORDANOS EYOEL AND HAHRIE HAN
THE FULCRUM

Democracy does not disappear by accident. Instead, all over the world, we are witnessing deliberate attempts by antidemocratic actors to weaken civil society, cripple the rule of law and activate social fragmentation. From weaponizing fear to re-writing history to exploiting religion, today's autocrats and their supporters leverage the same playbook. At the heart of that playbook is a multipronged attack on civil society. In 2021, among the 33 autocratizing countries, repression of civil society worsened in '22.

If a diminished civil society is the foundation of autocracy, a robust and inclusive civil society is the bedrock of democracy. Civil society serves as an intermediary between the state and the individual, composed of organizations such as schools and universities, nonprofit and advocacy groups, professional associations, churches and cultural institutions. Civil society is the connective tissue that holds any society together. It is no accident that anti-democratic actors start there.

Despite the centrality of civil society to the authoritarian playbook, efforts to strengthen democracy too often underinvest in civil society—even though it is our best line of defense.

Civil society organizations in both democracies and autocratic regimes are hamstrung by limited resources and lack of coordination. Even in the United States, with the world's most sophisticated philanthropic culture, civil society organizations defending and strengthening democracy are grossly underfunded compared to organizations working on education, health or poverty alleviation. For instance in 2020, U.S. philanthropists spent $71 billion on education whereas decade-long philanthropic funding of democracy organizations totaled about $14 billion. This pattern of overinvesting in issue areas and underinvesting in governance is also reflected in how the U.S. government has allocated its funding globally. For example, in Africa, the U.S. government spends 70 percent of its funds ($5.4 billion) on health initiatives and only 4 percent ($312.4 million) on democracy, human rights and governance.

Because civil society is inherently decentralized, sometimes it can be hard to know how to strategically invest in it. Investments in civil society may not seem as significant as sweeping institutional and policy reforms, such as H.R. 1 in the United States. Or, because civil life involves the messy work of bringing people together, efforts to strengthen it may seem unpredictable relative to individually targeted psychological interventions, such as traditional or social media ads to incentivize action.

It doesn't have to be so. We can and must develop a strategic approach to shoring up and inoculating civil society against attempts to weaken it. The first part of the solution to protect and strengthen democracy is to prioritize funding democracy issues and organizations. The second is to invest these resources strategically in civil society. We propose two immediate priorities:

Build civic resilience: In the U.S. and internationally, there is an overinvestment in short-term outcomes, in pursuit of a silver bullet electoral or policy win (the 2020 U.S elections cost a whopping $14 billion). While leadership and structural reforms are important to strengthening democracy, we also need civil society organizations that cultivate a shared commitment to democratic values and build resilience among individuals and communities to advance those values. Funding for civil society organizations that are tirelessly building the culture of democracy and social cohesion through approaches such as civics education, community organizing, leadership development and facilitating deliberative dialogue for inclusive democracy should be prioritized alongside those working on structural reforms.

Facilitate transnational pro-democracy coordination: As the Freedom House warns, "the global order is nearing a tipping point, and if democracy's defenders do not work together to help guarantee freedom for all people, the authoritarian model will prevail." Today, pro-democracy organizations are siloed, lacking the level of transnational coordination and playbook sharing that their autocratic counterparts artfully orchestrate. We need to create forums such as the upcoming virtual Global Democracy Champions Summit to weave global networks and elevate the aspirations, leadership, and innovations of pro-democracy organizations, activists, academics, and philanthropists.

From journalists to think thanks to Ukrainian freedom fighters, there is outcry for resources and innovation to defend liberal democracy. In the same way, philanthropic institutions, governments, and multilateral institutions galvanized in response to COVID-19, this is the moment to rise in global solidarity for democracy. Philanthropy, in particular, has a historic role to play by making bold investments in civil society organizations addressing both short-term crises as well as long-term civic infrastructure building efforts.

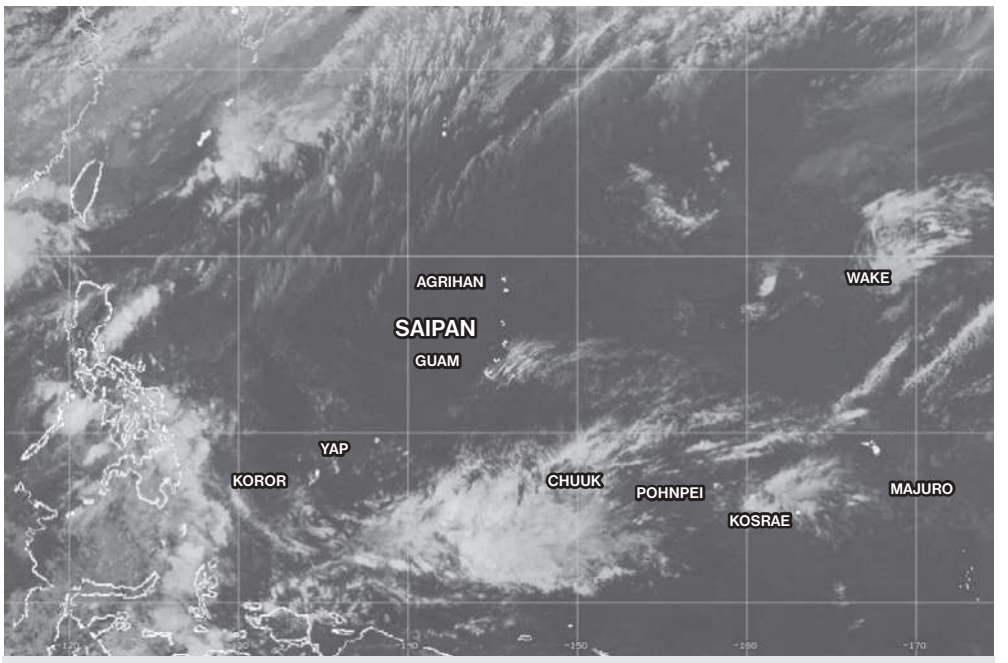
Yordanos Eyoel is the founder of Keseb and a visiting fellow at the SNF Agora Institute at Johns Hopkins University. Hahrie Han is the inaugural director of the institute and a professor of political science at Johns Hopkins.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mostly sunny,. East wind around 9 mph.	Mostly sunny. East wind around 10 mph.	Partly cloudy,	Mostly sunny,. East wind around 9 mph.	Partly cloudy,
88° 75°	88° 75°	88° 75°	88° 75°	88° 75°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME:6:53 AM, SUNDAY, MAY 15, 2022

Western North Pacific between equator and 25N from 130E to 180.

Satellite and radar imagery showed isolated showers over the Marianas this morning. A dry weather pattern will prevail through the coming week.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA		▲ ▼ °F
Guam and Rota	Partly Cloudy	31 / 26 °F
Palau	Partly Cloudy	28 / 25 °F
Yap	Mostly Sunny	30 / 26 °F
Chuuk	Scattered Thunderstorms	30 / 26 °F
Pohnpei	Scattered Thunderstorms	30 / 25 °F
Kosrae	Scattered Thunderstorms	29 / 26 °F
Majuro	Isolated Thunderstorms	29 / 26 °F

DAY	SUNRISE	SUNSET
Today	05:48 AM	18:38 PM
Tuesday	05:47 AM	18:38 PM
Wednesday	05:47 AM	18:39 PM
Thursday	05:47 AM	18:39 PM
Friday	05:47 AM	18:39 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	05:32 PM	18:47 PM
Tuesday	-	06:25 PM	19:54 PM
Wednesday	-	07:23 PM	21:01 PM
Thursday	-	08:27 PM	22:07 PM
Friday	-	09:33 PM	23:07 PM

AROUND THE GLOBE		▲ ▼ °F
Auckland	Light Rain	20 / 16 °F
Beijing	Mostly Sunny	30 / 13 °F
Hong Kong	Rain	21 / 20 °F
Honolulu	Partly Cloudy	28 / 21 °F
London	AM Clouds/PM Sun	22 / 12 °F
Los Angeles	Sunny	25 / 14 °F
Manila	Thunderstorms	33 / 27 °F
Melbourne	Partly Cloudy	16 / 8 °F
Miami	Scattered Thunderstorms	29 / 23 °F
New York	PM Thunderstorms	24 / 14 °F
Osaka	Cloudy	29 / 15 °F
Paris	AM Clouds/PM Sun	26 / 16 °F
Busan	Partly Cloudy	22 / 14 °F
Rome	Sunny	29 / 14 °F
Salem	PM Thunderstor	30 / 16 °F
San Francisco	Partly Cloudy/Wind	17 / 10 °F
Seoul	Sunny	24 / 11 °F
Tokyo	Rain	16 / 14 °F
Washington, DC	PM Thunderstorms	28 / 14 °F

TIDES: SAIPAN HARBOR TODAY		FEET
01:23 AM	Low Tide	1.08
06:47 AM	High Tide	2.12
1:52 PM	Low Tide	-0.22
8:44 PM	High Tide	2.13

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

■ Stay home as much as possible. Avoid unnecessary travel or public places.

■ Avoid social gatherings in groups of more than 10.

■ Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.

■ Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.

■ Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.

■ Create a household plan of action, https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html

■ Ensure a 30-day supply of all medicines.

Continue good hand hygiene

■ Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.

■ Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

■ Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:

• Choosing a room in your house that can be used to separate sick household members from others.

• Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

• Avoiding touching your eyes, nose, and mouth with unwashed hands.

• Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561 These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mpand, follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at http://www.chcc.gov.mp/pressrelease.html and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235,3740. E-mail: editor@saipantribune.com. Website:www.saipantribune.com.

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FLIGHT SCHEDULE AS OF MAY 1, 2022

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	6:35AM	7:15AM	1, 3, 6
UA117	9:50AM	10:35AM	2, 4, 5, 7

GUAM-MANILA (MNL)

PR 111	6:00AM	8:00AM	1, 3, 5, 6, 7
UA193	7:05PM	10:55PM	5 via Palau
UA183	7:10PM	9:10PM	Daily

SAIPAN-MANILA (MNL)

UA117/183	6:35AM	9:10PM	1, 3, 6 via Guam
UA117/193	6:35AM	10:55PM	5 via Guam, Palau
UA117/183	9:50AM	9:10PM	2, 4, 5, 7 via Guam

SAIPAN-INCHEON (ICN)

TW9308	3:30PM	7:20PM	4, 7
7C3405	3:30PM	7:25PM	6
RS112	3:45PM	7:30PM	3, 6
7C3405	3:50PM	7:45PM	3
OZ624	4:00PM	7:40PM	3, 6

SAIPAN-BUSAN (PUS)

BX622	3:10PM	6:30PM	3, 7

ARRIVALS

GUAM (GUM)-SAIPAN

UA116	5:00AM	5:45AM	1, 3, 6
UA116	8:00AM	8:45AM	5, 7
UA174	8:00AM	8:45AM	2, 4

MANILA (MNL)-GUAM

PR110	10:35PM	4:35AM+1	2, 4, 5, 6, 7
UA184	10:25PM	4:20AM+1	1, 2, 3, 4, 6, 7
UA192	10:25PM	6:05AM+1	5 via Palau
UA184	11:50PM	5:40AM+1	5

MANILA (MNL)-SAIPAN

UA184/116	10:25PM	5:45AM+1	2, 5, 7 via Guam
UA184/116	10:25PM	8:45AM+1	1, 3 via Guam
UA184/174	10:25PM	8:45AM+1	4, 6 via Guam

INCHEON (ICN)-SAIPAN

7C3406	8:30AM	2:10PM	6
RS111	8:45AM	2:05PM	3, 6
7C3406	8:50AM	2:30PM	3
TW9307	9:00AM	2:30PM	4, 7
OZ623	9:00AM	2:30PM	3, 6

BUSAN (PUS)-SAIPAN

BX621	8:00AM	1:10PM	3, 7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF MAY 18, 2021

SAIPAN TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1301	8:30AM	9:00AM	Daily
1302	11:00AM	11:30AM	Daily
1303	1:30PM	2:00PM	Tues/Wed/ Thurs/Fri
1304	3:30PM	4:00PM	Daily

ROTA TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3101	9:30AM	10:00AM	Daily
3102	12:00AM	12:30AM	Daily
3103	1:30PM	3:00PM	Tues/Wed/ Thurs/Fri
3104	4:30PM	5:00PM	Daily

ROTA TO GUAM

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15	12:45	Temporarily Unavailable

GUAM TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
4301	13:00	13:30	Temporarily Unavailable

SAIPAN TO TINIAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1201	7:00	7:15	Temporarily Unavailable
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Daily
1205	11:00	11:15	Daily
1206	12:00	12:15	Temporarily Unavailable
1207	13:00	13:15	Temporarily Unavailable
1208	14:00	14:15	Daily
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Daily
1212	17:00	17:15	Temporarily Unavailable

TINIAN TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
2101	7:30	7:45	Temporarily Unavailable
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Daily
2105	11:30	11:45	Daily
2106	12:30	12:45	Temporarily Unavailable
2107	13:30	13:45	Temporarily Unavailable
2108	14:30	14:45	Daily
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Daily
2112	18:30	18:45	Temporarily Unavailable

DIESEL EXHAUST

Diesel is a type of fuel derived from crude oil. It is used in most large engines, including many trucks, buses, trains, construction and farm equipment, generators, ships, and in some cars. Diesel exhaust is produced by burning diesel fuel. The exhaust is a complex mixture of gases, vapors, aerosols, and particles that can be harmful to human health!

Short term exposure to diesel exhaust can cause coughs, headaches, nausea, allergic reactions causing asthma, and irritation of the eyes, nose, throat, and respiratory tract. Long term exposure increases the risk for serious health effects such as lung cancer.

WAYS TO REDUCE YOUR EXPOSURE TO DIESEL EXHAUST

- Limit the amount of time you spend near running engines.
- If diesel fuel is necessary, choose Ultra-Low Sulfur Diesel.
- Service your engines regularly to reduce exhaust fumes. If possible, replace old diesel engines.
- Report excessive diesel smoke to the Bureau of Environmental and Coastal Quality!

DIESEL EMISSIONS REDUCTION ACT (DERA)

DERA grants and rebates, administered and awarded by US EPA, are intended to protect human health and improve air quality by reducing harmful emissions from diesel engines.

2021 John Deere Utility Tractor

1995 Massey Ferguson Tractor

- In 2020, the BECQ Division of Environmental Quality (DEQ) secured a DERA grant, with the CNMI Department of Agriculture (DOA) as their sub-awardee, to replace DOA's agriculture tractor.
- A 1995 Massey Ferguson tractor with a Tier 1 engine was replaced with a 2021 John Deere tractor with a Tier 4 engine.
- Tier 4 certified engines meet EPA's strictest emission standards by significantly reducing air pollution, specifically emissions of particulate matter (PM) and oxides of nitrogen (NOx) to near zero levels!
- By replacing old, outdated diesel engines we help work towards cleaner, healthier air! For more information, please contact the DEQ Air Program at 670-664-8516 or email deq.air@becq.gov.mp

COMMONWEALTH UTILITIES CORPORATION
OFFICE OF THE EXECUTIVE DIRECTOR

INVITATION FOR BIDS
CUC-IFB-22-014

SEWER MAIN REPLACEMENT PHASE II
(ROYAL PALM AVENUE AND GINGER AVENUE – GARAPAN)

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms for the Sewer Main Replacement Phase II (Royal Palm Avenue and Ginger Avenue – Garapan) in Saipan, Commonwealth of the Northern Mariana Islands. The project consists of but not limited to the installation of gravity sewer main, new sewer manholes, new service laterals, connection to existing service laterals, and the abandonment of existing sewerline, removal and disposal of existing sewer manholes.

The project is funded by a grant from the United States of Environmental Protection Agency (USEPA) and CUC. The award of this project is contingent upon receipt of approval for project award from USEPA.

CUC requires the project to be completed in **300 calendar days** from date of award of contract.

Prospective Bidders for this IFB must pre-register with the CUC Procurement & Supply Division. The IFB package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $200.00 for one IFB package set.

A Pre-Bid Conference followed by site visits will be held on **May 11, 2022 at 10:00 AM (ChST)** at the CUC Main Conference Room, 3rd Floor, Room No. 17, Joeten Dandan Commercial Building.

One (1) original and Five (5) copies of the bid MUST be submitted in a sealed envelope marked **"CUC-IFB-22-014, Sewer Main Replacement Phase II (Royal Palm Avenue and Ginger Avenue – Garapan)**" to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **10:00 AM (ChST) on June 1, 2022**, at which time they will be publicly opened and read aloud. Bids mailed via postal or courier service must be received on or before due date and time or post-marked before due date and time. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement this form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission. **Late submissions and conditional bids will not be considered.**

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding if the bid requirements in the course of the Contractor's preparation of a bid under the contract.

A Bid Guarantee of not less than fifteen (15%) percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the Unites States Secretary of Treasury as an acceptable surety. A *Payment Bond* of one Hundred (100%) percent and a Performance Bond of one hundred (100%) of the total bid price will be required upon the execution of the contract by the successful bidders. The payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). *Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.*

Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

Questions or requests for clarification will be entertained only from pre-registered bidders and must be submitted in writing no later than **10:00 AM (ChST) on May 13, 2022** to Mr. Manny B. Sablan, CUC's Purchasing Administrator, via email address manny.sablan@cucgov.org, with a copy to Larry Manacop, CUC's Acting Chief Engineer via email at larry.manacop@cucgov.org, Dennis Formalejo, CUC's Engineer via email at dennis.formalejo@cucgov.org and Ms. Christie Sablan, CUC's Senior Administrative Technician via email address at christie.sablan@cucgov.org.

CUC reserves the right to reject any or all bids for any reason and waive any defects in said bid proposal, if in its sole opinion, to do so would be in the best interest of CUC. All bids shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

Commonwealth Utilities Corporation

JOB VACANCY ANNOUNCEMENT

JVA No. 22 – 063

Opening Date: May 12, 2022
Closing Date: May 25, 2022

POSITION TITLE:	**Direct Responsible Charge "DRC", aka Trades Supervisor**
DEPARTMENT:	**Water Division**
LOCATION:	**Saipan, Northern Marianas Islands, USA**
ANNUAL SALARY:	**$32,161.00 to $43,417.00 per annum, Exempt**
CONTRACT:	**Contracted**
POSITION(S):	**One (1)**

The incumbent will be under the direct supervision of the Drinking Water & Wastewater Division Manager or his/her designee.

Duties:
- Supervises in the installation, repair and maintenance of water mains and other associated components including hydrants, meters, water tanks, water service lines, valves and pumps;
- Supervises and trains employees in the operation of appropriate motor and other equipment including back hoes, trucks, trenchers, boom trucks, drills, tapping machines, and locating devices;
- Assists in the coordination and inspection of work performed by contractors and engineers;
- Supervises in the preventative maintenance, service and repair activities of the water distribution vehicles and equipment;
- Supervises in the repair of leaks in mains and water service installations;
- Supervises in the taking of routine water samples for water quality testing;
- Ensures compliance with policies, procedures, safety guidelines, schedules and work specifications;
- Assigns, schedules and verifies completed work involved in the repair and maintenance of a water distribution system;
- May assist in the preparation of the departmental budget;
- Maintains accurate records and prepares reports, such as status reports, diagrams, field logs and requisitions;
- Calculates proper ratio of chlorine to water based on formula's specific to water chlorination;
- Responds to customer's inquiries and complaints regarding water service.
- Assignment of work orders to field staff and tracking of completed work.
- Conducts staff's performance evaluations.
- Performs other duties of a similar nature and level as assigned.

Minimum Requirements:
Education: High School Diploma or GED or ABE Program AS, and 5 years of experience in assigned area of responsibility and 2 years' experience in a supervisory capacity; or, an equivalent combination of education and experience sufficient to successfully perform the essential duties of the job such as those listed above, unless otherwise subject to any other requirements set forth in law or regulation.
Knowledge of: Applicable Federal, Commonwealth and local laws, codes, regulations and/or ordinances; Customer service principles; Supervisory Principles; Generally Accepted Accounting Principles and other applicable laws, rules and regulations. Budgeting Principles; and Basic mathematics.
Skills in: Monitoring and evaluating staff; Prioritizing and assigning work to staff; Applying Federal, State, and/or Local laws, rules, and regulations; Performing mathematical calculations; Applying accounting procedures and principles; Developing and implementing procedures and standards; Recording, analyzing, verifying, reconciling, and reporting accounting transactions; Preparing and analyzing financial statements and reports; Using computers and related software applications; Communication, interpersonal skills as applied to interaction with coworkers, supervisor, the general public, etc. sufficient to exchange or convey information and to receive work direction.
Licensing:
- o Valid CNMI Driver's License with appropriate class.
- o Water Distribution Operator Certification Level 3
- o Water Treatment Operator Certification Level 3

Physical Demands:
- o Occasional lifting of objects; Subject to standing, walking sitting, bending, reaching, kneeling, pushing and pulling.

How to Apply: Submit a completed CUC Employment Application, resume, and applicable supporting documents to the CUC Human Resources office located on the 3rd Floor of the Joeten Dandan Building on Saipan, Monday and Friday 7:30 am – 4:30 pm (Except Legal Holidays). Applicants on the island of Tinian and Rota may submit their documents to their respective CUC Administration office. Application, resume and supporting documents can also be e-mailed to: employment.applications@cucgov.org

P. O. Box 501220, Third Floor, Joeten Dandan Building, Saipan, MP 96950
Tel: (670) 664-4282 • Fax: (670) 235-5131
CUC is an Equal Opportunity Provider and Employer.

COMMONWEALTH UTILITIES CORPORATION
OFFICE OF THE EXECUTIVE DIRECTOR

REQUEST FOR PROPOSAL
CUC-RFP-22-026

LEASE OF OFFICE/WAREHOUSE SPACE FOR CUC POWER DIVISION TRANSMISSION & DISTRIBUTION SECTION, SAIPAN CNMI

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC), is soliciting competitive sealed proposals from firms for the lease of office & warehouse spaces for CUC Power Division, Transmission & Distribution Section in Saipan, Commonwealth of the Northern Mariana Islands.

The RFP Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $50.00 (non-refundable) for one RFP package set. Prospective Proposers must pre-register with the CUC Procurement & Supply Division.

One (1) original and four (5) hard copies of your submission must be submitted in a sealed envelope marked *"CUC-RFP-22-026, Lease of Office/Warehouse Space for CUC Power Division Transmission and Distribution Section, Saipan, CNMI"* to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **May 20, 2022 at 10:00 AM (ChST)**. Late submissions and conditional proposals will not be considered.

Discussions may be conducted with responsible offerors who submit proposals determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. All proposers shall be accorded fair and equal treatment with respect to any opportunity to discussion. During discussions, there will be no disclosure of any information derived from proposals submitted by competing offerors.

All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the Offeror due to lack of information or understanding of the proposal requirements in the course of Contractor's preparation of a proposal or supply under the contract. The RFP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the proposal under this request, or to procure or contract for services. The proposers are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed as per the CUC Procurement Regulations.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on May 5, 2022** to Manny B. Sablan, CUC, Purchasing Officer via email address manny.sablan@cucgov.org with a copy to Lee Lieto, CUC, Power Division Manager via email address lee.lieto@cucgov.org and Christie Sablan, CUC, Purchasing Technician, Senior via email address christie.sablan@cucgov.org.

CUC reserves the right to reject any or all proposals for any reason and to waive any defects in said proposal, if in its sole opinion, to do so would be in the best interest of CUC. All proposals shall become the property of CUC.

GARY CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

Commonwealth Utilities Corporation

JOB VACANCY ANNOUNCEMENT

JVA No. 22 – 064

Opening Date: May 12, 2022
Closing Date: May 25, 2022

POSITION TITLE:	**Training & Development Manager**
DEPARTMENT:	**Admin / Executive Director Office**
LOCATION:	**Saipan, Northern Marianas Islands, USA**
ANNUAL SALARY:	**$56,439.00 to $76,192.00 per annum, Exempt**
CONTRACT:	**Contracted**
POSITION(S):	**One (1)**

The incumbent will be under the direct supervision of the Executive Director or his/her designee.

Duties:
- Manages the functions of the training and development program, which includes planning, coordinating, administering, and evaluating programs, projects, processes, procedures, systems, standards, and/or services. Ensures compliance with organizational and Federal, Commonwealth, and local laws, regulations, codes, and/or standards.
- Serves as a liaison with internal departments, officials, agencies, partners, contractors and other external organizations, groups and representatives. Serves as a representative at a variety of meetings, public events, on committees, and/or other related events regarding training and development.
- Analyze training needs to develop new training programs or modify and improve existing programs.
- Evaluate instructor performance and the effectiveness of training programs, providing recommendations for improvement.
- Plan, develop, and provide training and staff development programs, using knowledge of the effectiveness of methods such as classroom training, demonstrations, on-the-job training, meetings, conferences, and workshops.
- Prepare training budget for department or organization.
- Confer with management and conduct surveys to identify training needs based on projected production processes, changes, and other factors.
- Develop and organize training manuals, multimedia visual aids, and other educational materials.
- Develop testing and evaluation procedures.
- Train instructors and supervisors in techniques and skills for training and dealing with employees.
- Conduct orientation sessions and arrange on-the-job training for new hires.
- Conduct or arrange for ongoing technical training and personal development classes for staff members.
- Review and evaluate training and apprenticeship programs for compliance with government standards.
- This class specification represents only the core areas of responsibilities; specific position assignments will vary depending on the needs of the department.
- Assists in planning, developing, recommending and implementing goals, objectives, policies, procedures and standards. Coordinates operational and program efforts in alignment with goals and objectives of assigned area of responsibility.
- Performs other duties of a similar nature and level as assigned.

Minimum Requirements:
Education: Bachelor's Degree in a directly related field and 5 years of professional experience in the assigned field including 2 years of leadership experience; or, an equivalent combination of education and experience sufficient to successfully perform the essential duties of the job such as those listed above, unless otherwise subject to any other requirements set forth in law or regulation.
Knowledge of: Applicable Federal, Commonwealth and local laws, codes, regulations and/or ordinances; Customer service principles; Supervisory Principles; Generally Accepted Accounting Principles and other applicable laws, rules and regulations. Budgeting Principles; and Basic mathematics.
Skills in: Monitoring and evaluating staff; Prioritizing and assigning work to staff; Applying Federal, State, and/or Local laws, rules, and regulations; Performing mathematical calculations; Applying accounting procedures and principles; Developing and implementing procedures and standards; Recording, analyzing, verifying, reconciling, and reporting accounting transactions; Preparing and analyzing financial statements and reports; Using computers and related software applications; Communication, interpersonal skills as applied to interaction with coworkers, supervisor, the general public, etc. sufficient to exchange or convey information and to receive work direction.
Licensing: o Valid CNMI Driver's License with appropriate class.
Physical Demands: Occasional lifting of objects; Subject to standing, walking sitting, bending, reaching, kneeling, pushing and pulling.

All applicants may be tested and all applicants are subject to pre-employment drug test.

How to Apply: Submit a completed CUC Employment Application, resume, and applicable supporting documents to the CUC Human Resources office located on the 3rd Floor of the Joeten Dandan Building on Saipan, Monday and Friday 7:30 am – 4:30 pm (Except Legal Holidays). Applicants on the island of Tinian and Rota may submit their documents to their respective CUC Administration office. Application, resume and supporting documents can also be e-mailed to: employment.applications@cucgov.org

P. O. Box 501220, Third Floor, Joeten Dandan Building, Saipan, MP 96950
Tel: (670) 664-4282 • Fax: (670) 235-5131
CUC is an Equal Opportunity Provider and Employer.

'Torres' travel served public benefit; resulted in millions for NMI'

The Republican Party of the CNMI issued the following statement Friday:

"Based on the sworn testimony of former senior policy advisor Glenna Sakisat Palacios, Gov. [Ralph DLG] Torres' trips to Oregon and Alaska served a public benefit.

"Ms. Palacios testified that the trip enabled Gov. Torres to meet with Western regional director of the Office of Defense local community cooperation as well as with representatives of new and growing space industry, as well as with CNMI constituents abroad. The space industry is a national security priority with a positive outlook for economic growth.

"Gov. Torres' meeting with space industry officials was with the intent of developing a small-scale spaceport facility in the CNMI that supports the emerging commercial small satellite/launch vehicle market for equatorial orbits. It is a booming industry. Spaceports are becoming an important economic driver in the U.S. as it creates job and education opportunities in the aerospace sector.

"She stated that the recorded meetings, as evidenced in an official Trip Report and further supported by photos, proved beneficial in exploring new industries with the hope of bringing new and higher paying jobs to the CNMI. More so, Ms. Palacios informed the Senate that the meeting between Western regional director of the Office of Defense local community cooperation and Gov. Torres yielded approximately $3 million to the CNMI.

"It should be noted that Gov. Torres also met with U.S. Sen. Lisa Murkowski who was the chair of the Senate committee with jurisdiction over the CNMI. The unique privilege to interact with the only sitting U.S. senator to have visited the CNMI is an investment that must absolutely be made. Sen. Murkowski is the CNMI's biggest supporter and defender in the U.S. Senate.

"The bottom line is that the JGO misled the public by withholding information about Gov. Torres' trip to Oregon and Alaska and how it served a public benefit.

"Attorney Anthony H. Aguon closed by stating that Gov. Torres did not travel for personal recreation, personal benefit, or for political purposes and that, in fact, the trip served a public benefit in more than one instance." ***(PR)***

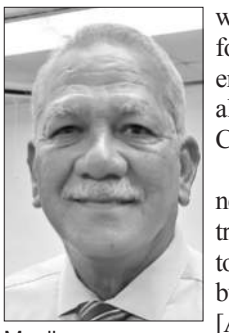
SENATE HEARING ON THE ARTICLES OF IMPEACHMENT

Ex-AG investigator: Manibusan targeted Gov. Torres

The Republican Party of the CNMI issued the following statement Friday:

"Based on the sworn testimony of the second witness, former chief investigator Lawrence Pangelinan, who served as an investigator for the Office of the Attorney General under the direct supervision of Attorney General Ed Manibusan on or around 2017, the following facts are established:

"The Attorney General directed that only Governor Torres shall be investigated.


Manibusan

"The Attorney General himself flew premium class. A travel authorization and a boarding pass for business class travel was entered as evidence.

"The bottom line is that Attorney General Ed Manibusan traveled first class after the law was passed. More so, former attorney general Joey San Nicolas also traveled First Class.

According to attorney Tony Aguon, the truth is that both attorney general Manibusan and Lt. Gov. [Arnold I.] Palacios traveled premium class, yet it was Gov. Torres who was targeted for prosecution." ***(PR)***

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514 | Email: nmhc@nmhc.gov.mp | Website: http://www.nmhcgov.net
Tels: (670) 233-9447, 233-9448, 233-9449, 233-9450
Fax: (670) 234-9451

NOTICE TO THE PUBLIC

AVAILABILITY OF THE HOMEOWNER ASSISTANCE FUND (HAF) PROGRAM

March 31, 2022

The Northern Marianas Housing Corporation (NMHC) announces the availability of the Homeowner Assistance Fund Program made possible through the US Department of Treasury. The CNMI was allocated a total amount of ***$4,158,268*** in HAF funds, of which approximately 10% or $400,000 will be used for administrative expenses and approximately 90% or $3,758,268, will be used for the following types of assistance for CNMI ***homeowners:***

1) Mortgage delinquency assistance- an eligible homeowner may qualify for assistance of up to $25,400 (not to exceed a period of 12 months) to be used for homeowner's primary residence
2) Mortgage payment assistance- an eligible homeowner may qualify for assistance of up to $20,400 (not to exceed a period of 12 months) to be used for homeowner's primary residence
3) Past due and/or annual home-related insurance premiums- an eligible homeowner may qualify for assistance of up to $1,716 (not to exceed a period of 12 months) to be used for homeowner's primary residence
4) Utilities/Broadband Assistance:
   a. Each Homeowner will be eligible for up to $6,000 (not to exceed a period of 12 months) through this program with respect to the applicant's primary residence (to address delinquencies in utility payments)
   b. Each Homeowner will be eligible for up to $1,500 (not to exceed a period of 90 days) through this program with respect to the applicant's primary residence (to assist with future utility payments)
   c. Each Homeowner will be eligible for up to $600 (not to exceed a period of 12 months) through this program with respect to the applicant's primary residence (to address delinquency in broadband service payments)
   d. Each Homeowner will be eligible for up to $150 (not to exceed a period of 90 days) through this program with respect to the applicant's primary residence (to assist with future broadband service payments

Eligibility Criteria

Eligible Homeowners:
- Must be a resident of the CNMI
- Must meet the income limit: less than or equal to 150% area median income or less than the median income of the United States, whichever is greater (See income limits below)
- Must show proof of experiencing financial hardship after January 21, 2020, including a hardship that begun before January 21, 2020 but continued after that date
- Must show proof of mortgage delinquency (must be at least month delinquent) (for mortgage delinquency assistance)
- For those seeking insurance arrears assistance: Must show proof of insurance arrears (must be at least one month in arrears)
- Homeowner is at least one installment payment in arrears on one or more of the following: utilities, such as electric, gas, home energy, and water OR internet service, including broadband internet access service
- Statement of current inability to resume mortgage payments due to unemployment, underemployment or other continuing hardship
- Statement of current ability to resume any required regular payments after account is reinstated (OR) Ability to resume any required regular payments

Income Limits

FY 2021 HAF Income Limits Summary for Northern Mariana Islands								
	1-Person	2-Person	3-Person	4-Person	5-Person	6-Person	7-Person	8-Person
Greater of 100% AMI or 100% U.S. Median Income	$79,900	$79,900	$79,900	$79,900	$79,900	$79,900	$79,900	$79,900
Greater of 150% AMI or 100% of U.S. Median Income	$79,900	$79,900	$79,900	$79,900	$79,900	$79,900	$85,050	$90,500

The pre-application for the HAF Program will be available, starting Thursday, March 31, 2022, at the NMHC Main Office in Garapan, Saipan and the Tinian and Rota Field Offices. The pre-application will also be available online on NMHC's website, www.nmhcgov.net (Public Notice/Announcements->Homeowner Assistance Fund Plan). Those who are interested in reviewing the HAF Plan and details of the program's terms can also visit the NMHC website. The application process will be ongoing until a notice is issued by NMHC and will be on a first come, first serve basis. Applications will only be accepted at the NMHC main and field offices. Should you have any questions, please contact Ms. Zenie P. Mafnas, Deputy Corporate Director at (670) 234-6866

/s/
Jesse S. Palacios
Corporate Director

"NMHC is an equal employment and fair housing public agency"

IN THE SUPERIOR COURT FOR THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

IN THE MATTER OF THE ESTATE OF: PATIT PABAN MONDAL, Decedent. : CIVIL ACTION NO. 22-0102-CV : NOTICE OF HEARING ON PETITION FOR LETTERS OF ADMINISTRATION AND APPOINTMENT OF ADMINISTRATROR and NOTICE TO CREDITORS : Date: Thurs, June 9, 2022 Time: 10:00 a.m. Judge: Joseph N. Camacho

TO: THE GENERAL PUBLIC, ANY HEIRS, CLAIMANTS, OR CREDITORS OF THE LATE PATIT PABAN MONDAL:

NOTICE IS HEREBY GIVEN that Petitioner, Akhil Chandra Mollick, has petitioned the Superior Court of the Commonwealth of the Northern Mariana Islands to issue Letters of Administration for the Estate of Patit Paban Mondal and to appoint him as the Administrator. The attorney for Mr. Akhil Chandra Mollick is Colin M. Thompson.

The hearing on the Petition for Letters of Administration and Appointment of Administrator is scheduled to be heard on Thursday, June 9, 2022 at 10:00 a.m. in the Guma'Hustisia Supreme Court Courtroom, Susupe, Saipan, MP 96950. All interested persons or entities should appear at this hearing.

Any and all persons, creditors or entities having claims against Patit Paban Mondal or his estate are hereby required by law to file their claims with the Clerk of Court within **Sixty (60) days** of the first publication, or the claims will be barred. A copy of your claim should also be sent to:

THOMPSON LAW, LLC
2nd Floor J.E. Tenorio Building
PMB 917 Box 10001
Saipan, MP 96950
Telephone (670)233-0777
Fax: (670)233-0776
Email: Cmtlaw@live.com

SO ORDERED this 12th day of May 2022.

HON. JUDGE JOSEPH N. CAMACHO
Associate Judge

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
Office of Procurement
Guma' Hustisia, Iimwal Aweewe, House of Justice
P.O. Box 502165, Saipan, MP 96950
Phone: (670) 236-9791 | Email: procurement@nmijudiciary.com

FERMIN B. DELA CRUZ
Procurement Officer
MAY 16, 2022

INVITATION FOR BIDS
NO. ITB-2022-JUD-11
VSS BID NO. 42200102

"VEHICLE PURCHASE FOR DRUG COURT DIVISION"

SUBMISSION DATE: JUNE 16, 2022 (ChST)
SUBMIT VIA: THE CNMI GOVERNMENT'S VENDOR SELF SERVICE PORTAL
TIME: 10:00 A.M.

The Commonwealth Judicial Branch ("Judiciary") is accepting bids for the purchase and delivery of one (1) 4X4 full-size pick-up truck from certified car dealers for the Drug Court Division.

This solicitation is made pursuant to NMI Judiciary Rules of Procurement Rule 12 and Rule 18 and funded by the Saipan and Northern Islands Legislative Delegation ("SNILD") Saipan Local Law ("SLL") 20-24.

A copy of the Invitation for Bids Package ("Package") is available on the CNMI Government's new Vendor portal, Vendor Self Service ("VSS"), at https://selfservice.dof.gov.mp/vss/default.aspx. The package may also be retrieved online at www.nmijudiciary.com. You must register on the VSS to participate in this ITB. For registration instructions, please follow the link: https://www.finance.gov.mp/division-forms/oit/cnmi-vss-registration-instructions.pdf.

The Judiciary reserves the right to reject any or all proposals, or portions thereof, and waive immaterial defects if to do so would be in the best interest of the CNMI government.

The provisions of the NMI Judiciary Rules of Procurement Rule 69 prohibiting gratuities, kickbacks and contingent fees shall apply.

/s/ ROBERTO C. NARAJA
PRESIDING JUDGE

/s/ FERMIN B. DELA CRUZ
PROCUREMENT OFFICER

---

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- Marketing Coordinator (F/T)
- Mechanic Helper (F/T)
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- Warehouse Palletizer (P/T)
- 5-Gallon Helper (P/T)

Interested applicants may submit their resume via email to mary@pgbguam.com

For more information, please call HR at 671-646-6941 (Ext 105)

COMMONWEALTH PORTS AUTHORITY
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Phone: (670) 237-6500/1 | Fax: (670) 234-5962
E-mail: cpa.admin@pticom.com
Website: https://cnmiports.com

JOB VACANCY ANNOUNCEMENT # 02-2022

Opening date: May 16, 2022 **Closing date: June 03, 2022**

Positions: SAIPAN:
(1) Custodial-I

Employment Application must be accompanied with a copy of all required diploma/certificates and/or official sealed transcripts, original copy of recent police record not more than six (6) months old, original copy of U.S. Department of Defense Form DD214 for retired members or veterans of our Armed Forces, and other documents as required for the position. Public Law 11-70 requires that all male applicants age 18 to 25 years old must submit documentation evidencing his registration with the Federal Selective Service System. All applications and required documents must be submitted to the ***CPA Administration Office, 2nd Floor Arrival Building, Francisco C. Ada/Saipan International Airport or CPA Administration Office Tinian International Airport or Benjamin Taisacan Manglona International Airport.*** Failure to provide any of the required documents will result in automatic disqualification. Certain vacancies may require written and/or physical test. Selected applicants will be subjected to pre-employment drug screening, 10-year Criminal History Record Check and 49 CFR Part 1542.209(d) Requirements. CPA reserves the right to waive or implement other qualifications to meet its needs. The deadline for submission of applications and required documents to the CPA Administration Office (Saipan) or at the Tinian International Airport or Benjamin Taisacan Manglona International Airport is no later than ***5:00P.M. on Friday, June 03, 2022***.

Detailed information on qualifications and position descriptions for the above positions may be picked up along with the application form from Monday-Friday, 8:00 A.M. to 5:00 P.M., except on holidays, at the CPA Administration Office (2nd Floor) of the Francisco C. Ada/Saipan International Airport, Arrival Terminal or CPA Admin. Office at the Tinian International Airport or at the Benjamin Taisacan Manglona International Airport. For additional information, please contact the CPA Human Resources Office by email at lorna.tenorio@cnmiports.com or by phone at (670)237-6500.

CPA is an Equal Opportunity Employer and CPA hires those who are legally entitled to employment in the CNMI.

CHRISTOPHER S. TENORIO
Executive Director

Health & Wellness

This advertorial is sponsored by Tan Holdings HEALTH IS WEALTH Tan Siu Lin Foundation

Tips to reduce **stroke** in diverse communities

By CYNTHIA WEISS
MAYO CLINIC NEWS NETWORK

Stroke is the second-leading cause of death worldwide, according to the World Health Organization. In the U.S., about 800,000 strokes occur per year.

Of all strokes, 87% are ischemic. This means they occur when a clot blocks a blood vessel in the brain and stops blood flow. The remaining 13% are hemorrhagic, where a blood vessel ruptures and causes bleeding into brain tissue.

"In the U.S., stroke has dropped to the fifth-leading cause of death, due in part to improved systems of care, including earlier recognition and treatments, which have resulted in overall better outcomes," says Dr. Nycole Joseph, a vascular neurology fellow at Mayo Clinic's Comprehensive Stroke Center in Jacksonville, Florida.

Dr. Joseph adds that stroke survivors who are Black also are more likely to be disabled and have difficulties with daily activities.

Many factors contribute to these unfortunate statistics. Some of these factors are controllable, and others are not. Among the latter are risk factors that include age, gender, race and family history. Sickle cell anemia is a genetic disorder more common among Black people that increases the risk for stroke, notes Dr. Joseph.

"There is still mistrust within the Black community in relation to health care, but it is imperative that Black people are made aware of and become educated about these health risks, as they have the power to adjust their lifestyle and take measures to prevent strokes," says Dr. Joseph.

Risk factors that can be changed include managing high blood pressure, high cholesterol and diabetes. In addition, tobacco use, alcohol use and obesity, which are often prevalent in the Black community, also can affect risk. Obstructive sleep apnea is an independent risk factor for stroke, as is atrial fibrillation, which is an abnormal heart rhythm that can be detected using a rhythm strip provided by an EKG or prolonged-wear heart monitor.

Dr. Joseph says she always advises diverse patients to be proactive about their health and establish care with a primary health specialist.

She encourages these healthy lifestyle tips:

■ Maintain consistent blood pressure of less than 130/80 mmHg. Monitor your blood pressure at home regularly with an automated blood pressure device that has a cuff above the elbow.

■ Take part in regular aerobic exercise, which is important to lowering blood pressure and living a healthier life. About 30 minutes of activity per day.

■ Check and manage cholesterol levels. Maintain your low-density lipoprotein, or LDL or "bad cholesterol," at less than 70 milligrams per deciliter.

■ Control diabetes. Be aware of and strictly manage blood glucose levels. Obtain a hemoglobin A1C, which measures the average blood sugar level over the past three months, with a goal of less than 7%.

■ Be screened for obstructive sleep apnea, which is a condition characterized by snoring and episodes where patients stop breathing in their sleep. This condition affects the oxygen supply to the brain.

■ Avoid tobacco. Smoking is a major risk factor, and patients should be encouraged to stop smoking and avoid secondhand exposure to smoke.

■ Limit alcohol consumption, not exceeding one to two servings per day.

■ Embrace a healthy diet. The Mediterranean diet, which is rich in fresh fruits and vegetables, and favors white meat and fish over red meat. This diet is emphasized in stroke prevention.

■ Taking prescribed medication correctly. This is key to ensuring each of these risk factors remains well-controlled.

Dr. Joseph emphasizes that stroke is a medical emergency.

"Statistics show that Black patients are more likely than white patients to delay going to the hospital after onset of stroke symptoms and receive fewer evidence-based treatments for strokes," she says. "To improve outcomes, we must continue to educate people on the signs of stroke and remind them that it is imperative to call 911 and seek medical attention as quickly as possible since certain treatments are time-sensitive. I always tell people to remember the phrase 'time is brain.' The more quickly you recognize the symptoms of stroke, the more quickly a person can be treated and the more lives can be saved."

DREAMSTIME/TNS

Of all strokes, 87% are ischemic. This means they occur when a clot blocks a blood vessel in the brain and stops blood flow. The remaining 13% are hemorrhagic, where a blood vessel ruptures and causes bleeding into brain tissue.

Signs and symptoms of stroke include:

■ Trouble speaking and understanding what others are saying. You may experience confusion, slur words or have difficulty understanding speech.

■ Paralysis or numbness of the face, arm or leg. You may develop sudden numbness, weakness or paralysis in the face, arm or leg. This often affects just one side of the body. Try to raise both your arms over your head at the same time. If one arm begins to fall, you may be having a stroke. Also, one side of your mouth may droop when you try to smile.

■ Problems seeing in one or both eyes. You may suddenly have blurred or blackened vision in one or both eyes, or you may see double.

■ Headache. A sudden, severe headache, which may be accompanied by vomiting, dizziness or altered consciousness, may indicate that you're having a stroke.

■ Trouble walking. You may stumble or lose your balance. You may also have sudden dizziness or a loss of coordination.

Check moles during Skin Cancer Awareness Month

Learning your ABCs can alert you to changes in moles that could signal melanoma—the most serious type of skin cancer.

For Skin Cancer Awareness Month in May, Mayo Clinic Health System is reminding people that while most moles are harmless and rarely become cancerous, monitoring them is still an important step in detecting skin cancer, especially malignant melanoma.

Moles generally appear during childhood and adolescence, and most people have 10 to 40 moles, some of which may change in appearance or fade away over time. The first signs of melanoma are usually a change to an existing mole or a new skin growth.

They're usually found on skin that has seen a lot of sun, like your face, scalp, arms, back or calves. However, melanoma can be found in areas that are not exposed to the sun.

DREAMSTIME/TNS

The first signs of melanoma are usually a change to an existing mole or a new skin growth.

Your best chance of beating melanoma is to catch it early.

This ABCDE guide can help you determine if a mole or spot may indicate melanoma or other skin cancers:

■ Asymmetrical shape: One half is unlike the other half and not round or oval

■ Border: Notched, irregular or scalloped borders

■ Color: Multiple colors, changes in color or uneven color

■ Diameter: Larger than 1/4 inch or a pencil eraser

■ Evolving: Change in size, shape, color or height; new signs and symptoms, such as itchiness, tenderness or bleeding; or nonhealing sores

It's important to watch for moles that stick out or appear different than other moles. They are sometimes referred to as "ugly ducklings" and should raise your suspicion of melanoma.

Cancerous, or malignant, moles vary greatly in appearance. Some may show all the features listed above. Others may have only one or two.

If you notice any of these changes, schedule an appointment with your health care team. ***(Mayo Clinic News Network)***

Old and new diet trends

By BARBARA INTERMILL
MONTEREY HERALD

This is how old I am: A few decades ago, I sat in on a nutrition debate between Dr. Dean Ornish and Dr. Robert Atkins, well-known cardiologists with polar opposite views on the best diet to lose weight and prevent heart disease. Each of the heart doctors was passionate about his diet plan, though the diets were/are in hard contrast to each other.

Ornish presented reams of research to show that a very low-fat and mostly vegetarian diet can reverse heart disease as well as improve diabetes and other chronic conditions.

In turn, Atkins provided his evidence that a low-carb diet—one that depends more on protein and fat and severely limits fruit, bread, starchy vegetables and other plant-based foods—is effective for weight loss and does not harm the heart.

Who won? In my opinion, it was the third speaker at the debate. A representative from the United States Department of Agriculture showed us evidence that both types of diets have their merits and drawbacks. He concluded with research that shows the best diet is probably somewhere in the middle.

Times haven't changed much. Just this morning, I learned of these three "new" diets:

The New Mayo Clinic Diet (as opposed to the old Mayo Clinic diet) is an improved plan for weight loss, according to the medical team who developed it. What's interesting about this plan is it is not one plan. Dieters can choose their preference for healthy keto, high protein, vegetarian, Mediterranean or one that promotes gut health.

What? One plan doesn't fit all? It's true. Genetic research is beginning to show us that, based on our DNA, some of us do better on one type of diet pattern (such as vegetarian) while others do well on another (such as high protein).

Then there's the Nordic diet, ya. As you might expect, there's plenty of fish plus fruit, vegetables, nuts, seeds and oils. It's based on research in Finland, Norway, Sweden and Iceland that found improved blood sugar and cholesterol levels in volunteers who ate this way.

And have you heard of the Pegan diet? It's a cross between two pretty opposite eating plans, vegan (strict vegetarian) and paleo (meat, poultry, eggs, fish, nuts, seeds and other foods hunted or gathered by our ancient ancestors who were probably eaten by a tiger before they had a chance to really study this diet, but whatever).

Is it me, or are we finally learning that the real answer to optimal health is to choose a variety of all foods in the right balance? That's what current research tells us. No one dietary pattern is best for everyone. Just make sure it includes foods from each nutrient group: protein, veggies, fruit, grains and dairy (which includes fortified soy products).

Life & Style

Ukrainian band Kalush Orchestra wins Eurovision amid war

TURIN, Italy (AP)—Ukrainian band Kalush Orchestra won the Eurovision Song Contest in the early hours of Sunday in a clear show of popular support for the war-ravaged nation that went beyond music.

Ukrainian President Volodymyr Zelenskyy welcomed the victory, Ukraine's third since its 2003 Eurovision debut, and said "we will do our best" to host next year's contest in the hotly contested port city of Mariupol. He underlined "Ukrainian Mariupol," adding: "free, peaceful, rebuilt!"

"I am sure our victorious chord in the battle with the enemy is not far off," Zelenskyy said in a post on Telegram messaging app.

Kalush Orchestra's front man, Oleh Psiuk, took advantage of the enormous global audience, last year numbering more than 180 million, to make impassioned plea to free fighters still trapped beneath a sprawling steel plant in Mariupol following their performance.

"Help Azovstal, right now," Psiuk implored from beneath a bright bucket hat that has become the band's trademark among fans.

He later told a news conference that people can help by "spreading information, talking out this, reaching out to governments to help."

AP

Kalush Orchestra from Ukraine celebrate after winning the Grand Final of the Eurovision Song Contest at Palaolimpico arena, in Turin, Italy, Saturday, May 14, 2022.

Kalush Orchestra's song, "Stefania," was the sentimental and bookmakers' favorite among the 25 competing performers in the grand finale. The public vote from home, via text message or the Eurovision app, proved decisive, lifting them above British Tik Tok star Sam Ryder, who led after the national juries in 40 countries cast their votes.

The 439 fan votes is the highest number of televote points ever received in a Eurovision contest, now in its 66th year. Psiuk thanked the Ukrainian diaspora and "and everyone around the world who voted for Ukraine. ... The victory is very important to Ukraine. Especially this year."

"Stefania" was penned by Psiuk as a tribute to his mother, but since Russia's Feb. 24 invasion it has become an anthem to the motherland, with lyrics that pledge: "I'll always find my way home, even if all roads are destroyed."

Kalush Orchestra itself is a cultural project that includes folklore experts and mixes traditional folk melodies and contemporary hip hop in a purposeful defense of Ukrainian culture. That has become an even more salient point as Russia through its invasion has sought falsely to assert that Ukraine's culture is not unique.

"We are here to show that Ukrainian culture and Ukrainian music are alive, and they have their own and very special signature," Psuik told journalists.

The plea to free the remaining Ukrainian fighters trapped beneath the Azovstal plant by Russians served as a somber reminder that the hugely popular and at times flamboyant Eurovision song contest was being played out against the backdrop of a war on Europe's eastern flank.

The Azov battalion, which is among the plant's last 1,000 defenders, sent their thanks from the warren of tunnels beneath the plant, posting on Telegram: "Thank you to Kalush Orchestra for your support! Glory to Ukraine!"

The city itself has been the site of some of the worst destruction of the 2 1/2-month war, as Russia seeks to secure a land bridge between separatist-controlled Donbas and Crimea, which it annexed in 2014.

The six-member, all-male band received special permission to leave the country to represent Ukraine and Ukrainian culture at the music contest. One of the original members stayed to fight, and the others will be back in Ukraine in two days, when their temporary exit permit expires.

Britney Spears says she's lost baby due to miscarriage

LOS ANGELES (AP)—Britney Spears says she has lost a baby early in her pregnancy.

Spears announced the loss on Instagram Saturday in a joint post with her partner, Sam Asghari. The pop superstar, who gained her freedom from a court conservatorship that controlled her life for more than a decade, said in April that she was expecting a child with Asghari.

"It is with deepest sadness we have to announce that we have lost our miracle baby early in the pregnancy. This is a devastating time for any parent," the post said. "Perhaps we should have waited to announce until we were further along however we were overly excited to share the good news."

"Our love for each other is our strength," the post said. "We will continue trying to expand our beautiful family."

The 40-year-old Spears has said she longed for a baby with the 28-year-old Asghari, a personal trainer, but also said the nearly 14-year-long conservatorship that ended last year forced her to remain on birth control.

The two met on the set of her "Slumber Party" video in 2016.

Spears has two sons with ex-husband Kevin Federline.

SHOWBIZ TIDBITS

Billboard Music Awards to feature Travis Scott, Becky G

LAS VEGAS (AP)—Sunday's Billboard Music Awards will include performances by Travis Scott, Ed Sheeran, Becky G and other artists who have enjoyed chart-topping success. Sean "Diddy" Combs will emcee the show, which is being broadcast live from the MGM Grand Arena and will air live beginning at 8 p.m. Eastern on NBC and its Peacock streaming service. Becky G, who released the album "Esquemas" on Friday, will perform her hit song "MAMIII," which topped the Billboard's Hot Latin Songs chart. Sheeran will deliver a remote performance from Northern Ireland, where he is on tour. Other acts taking the stage include Scott, who's nominated in the dance/electronic music category, as well as Miranda Lambert, Meghan Thee Stallion, Morgan Wallen, and Grammy Awards darlings Silk Sonic. Nominees are determined by Billboard chart rankings and winners are selected based on several criteria, including their album and digital song sales, airplay and streaming success and touring.

'Chrisley Knows Best' stars to stand trial in Atlanta

ATLANTA (AP)—A federal trial for reality television stars Todd and Julie Chrisley on charges including bank fraud and tax evasion is set to start Monday in Atlanta. The trial is getting underway just days after E! announced that it is moving forward with a new dating series, "Love Limo," hosted by Todd Chrisley and weeks after the announcement that reality shows "Chrisley Knows Best" and "Growing Up Chrisley" have been renewed on USA Network and E!, respectively. The Chrisleys were initially indicted in August 2019 and a new indictment was filed in February of this year. Prosecutors allege that the couple submitted fake documents to banks when applying for loans. Julie Chrisley also submitted a false credit report and fake bank statements when trying to rent a house in California, and then the couple refused to pay rent a few months after they started using the home, the indictment says. The Chrisleys also used a film production company they controlled to hide income to keep the IRS from collecting unpaid taxes owed by Todd Chrisley, prosecutors say.

Friendship evaporates amidst shoplifting and shortchanging

DEAR ABBY: I had a friend I adored. She was someone I had known for over 20 years, but I had to say goodbye to her. I realized she is a shoplifter and also doesn't tip at restaurants.

When she shoplifted, I was with her. I had no idea she was doing it until we got back to the car and one of the items fell out of her bag. I was appalled. I told her to never do it again when we were together, and I have tried not to shop with her since. I realized she wasn't leaving tips when her receipt blew away with a gust of wind. She was in the restroom when I picked it up and saw there was no tip for the server, who was working very hard.

I told her I didn't feel comfortable going places with her under these circumstances, especially with how things have changed during COVID. The last straw was when I caught her trying to sneak into a musical event. There are musicians in my family, and I know how they and others have struggled during these hard times.

She has more than enough money to cover these costs. I don't understand why she does it. The problem is I feel guilty. Should I reach out and suggest we do things that don't involve music, restaurants or shopping? Maybe we can just go for walks and talk? I miss her friendship.

TAKEN ABACK IN CALIFORNIA

DEAR TAKEN ABACK: I don't advise it. The woman you "miss"—I hesitate to refer to her as your "friend"—is selfish, stingy, dishonest, self-centered and lacks compassion for others. You need her in your life like a moose needs a hat rack. Find walking companions who are caring, generous and honest with whom to "get your steps in."

■■■■

DEAR ABBY: My younger brother is in his 60s. As a child, he was very active and athletic. Decades later, he is seriously overweight and having trouble with his knees, plus numerous other physical problems. He's addicted to painkillers and takes many other drugs. Over the last 10 years, he has had disagreements with at least 10 people and written mean and spiteful texts. Because of it, he has lost many friends and even his doctor.

He didn't communicate with me unless he wanted my opinion about something he had done or said. If I disagreed, he sent me hateful, upsetting texts as well. Last year, he asked my opinion about something, and when I disagreed with him, he blasted me again. He also doesn't like my husband or stepdaughter and mentioned them in his text. I finally decided I had had enough and quit engaging him. Am I overreacting?

SECOND THOUGHTS IN GEORGIA

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

DEAR SECOND THOUGHTS: I don't think so. Because you want to avoid the pain of interacting with your dysfunctional sibling, your solution is both logical and appropriate. Please do not second-guess or punish yourself for protecting yourself.

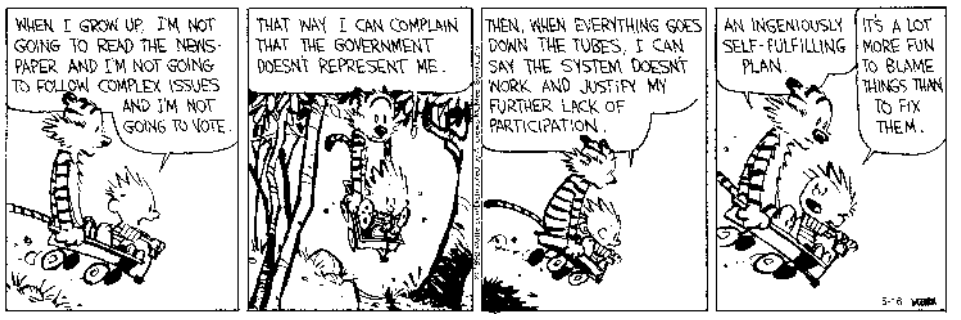
■■■■

Good advice for everyone – teens to seniors – is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

Calvin and Hobbes

By Bill Waterson


WHEN I GROW UP, I'M NOT GOING TO READ THE NEWSPAPER AND I'M NOT GOING TO FOLLOW COMPLEX ISSUES AND I'M NOT GOING TO VOTE.
THAT WAY, I CAN COMPLAIN THAT THE GOVERNMENT DOESN'T REPRESENT ME.
THEN, WHEN EVERYTHING GOES DOWN THE TUBES, I CAN SAY THE SYSTEM DOESN'T WORK AND JUSTIFY MY FURTHER LACK OF PARTICIPATION.
AN INGENIOUSLY SELF-FULFILLING PLAN.
IT'S A LOT MORE FUN TO BLAME THINGS THAN TO FIX THEM.

Garfield®

By Jim Davis

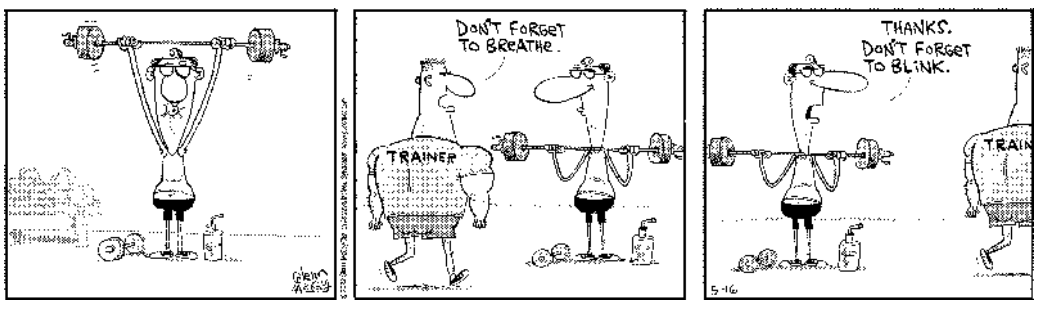
Adam@home

By Bryan Basset

OUR TEACHER WAS TELLING US ABOUT "OLIVER TWIST."
WHAT A STORY. IT REALLY INSPIRED ME.
I THINK IT'S SHOWN ME WHAT I WANT TO BE WHEN I GROW UP.
A NOVELIST?
WHAT? NO. A PICKPOCKET.

The Duplex

By Glenn McCoy



CROSSWORD

By Eugene Sheffer

ACROSS

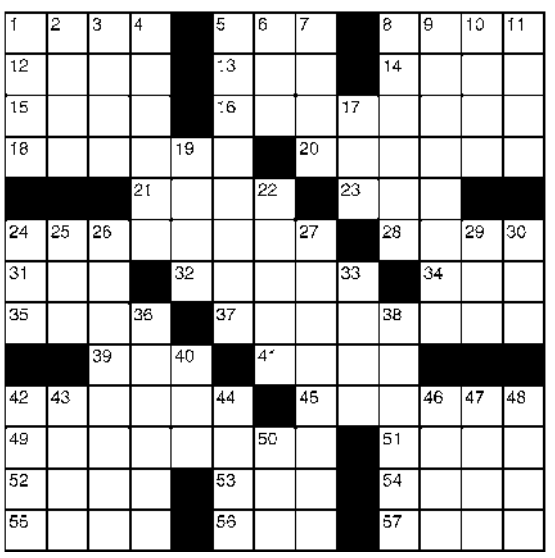
1 Spiced tea
5 WWII service person
8 Latin 101 word
12 Standard
13 "Kinda" suffix
14 Pulverize potatoes
15 Spill the beans
16 Exhaust conduit
18 Islamic leader
20 Wee
21 Scrooge cries
23 Branch
24 "Hush!"
28 Comic shrieks
31 Epoch
32 Plum relatives
34 Actress Vardalos
35 Fancy party
37 Economic decline
39 "Ben-Hur" studio
41 Secret-protecting docs
42 Cove critters
45 "Heartburn" writer Nora
49 Prepare to flee
51 Actress Fisher
52 "Yeah, right"
53 "Unh-unh"
54 Numbered rds.
55 Beholds
56 Brit. record label
57 Rear end

DOWN

1 "Mad Money" network
2 Spanish greeting
3 Asia's — Sea
4 Drink
5 Keep for oneself
6 Botanist Gray
7 Voucher
8 Current measure
9 Online starting point
10 Nile vipers
11 Yon folks
17 Grazing land
19 Cushions
22 Feel faint
24 Cello tuner
25 Nest egg letters
26 Date source
27 Indian capital
29 White wine cocktail
30 — Salvador
33 Break suddenly
36 Reps
38 Casual top
40 "The A-Team" actor
42 Elevator name
43 Toothpaste holder
44 Logical
46 Alphabetic sequence
47 Spanish cheers
48 "Candy is dandy" poet
50 "— a Camera"

Solution time: 26 mins.

Last Friday's Answer 05/16



STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Megan Fox, 36; Tori Spelling, 49; Janet Jackson, 56; Pierce Brosnan, 69.

Happy Birthday: Sort through the clutter and tie up loose ends. Concentrate on personal growth and what makes you happy. Participate in any changes that will affect your status or position. Be innovative and offer alternative ideas. Take charge instead of leaving things up to others. Take a passionate approach to maintain a good rapport with people who can contribute to what you want to achieve. Your numbers are 3, 15, 24, 29, 32, 43, 48.

ARIES *(March 21-April 19):* Explore the possibilities and implement updates. Stay on top of technology and industry standards; you'll gain respect. Make changes to improve your position or apply for something new and exciting. A joint venture looks promising. ✪✪✪

TAURUS *(April 20-May 20):* Look at change from every angle and decide what's best for you. Don't jump on someone's bandwagon; build a base that helps you excel. Pay attention to detail, and maintain a level head when dealing with institutions and authority figures. ✪✪✪

GEMINI *(May 21-June 20):* Leave nothing to chance. Stop worrying about others. Put your energy into expanding your interests, skills and creative ideas. A disciplined attitude will keep you in the game and attract the support you need to reach your goal. ✪✪✪

CANCER *(June 21-July 22):* Pay attention to detail, and do things that encourage others to pitch in and help. Keep the momentum flowing and your options open. A joint venture or shared expenses will ease stress and give you the financial freedom to pursue something exciting. ✪✪✪

LEO *(July 23-Aug. 22):* Broaden your outlook, pick up skills and learn something that will help you raise your earning potential. Set high standards and discuss plans with someone you can rely on for good advice. Don't try to fix something that works just fine. Romance is favored. ✪✪✪✪✪

VIRGO *(Aug. 23-Sept. 22):* Take nothing for granted. Control your emotions and put yourself in someone else's shoes before complaining or criticizing. Focus on personal growth instead of trying to change others. Offer kindness and consideration, and you'll get the same in return. ✪✪

LIBRA *(Sept. 23-Oct. 22):* Do something you feel passionate about, and you'll find a way to make it profitable. Invest time and money into updating your skills and marketing what you have to offer. A personal change will give you confidence and momentum. ✪✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Participate, network and listen to what others say. The information you gather will help you develop a plan that leads to a worthwhile proposal. Don't let anyone limit you or your chance to advance. ✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Your emotions will be difficult to control. Share with someone you trust. Make your surroundings convenient for what you want to pursue. A designated space will ensure your success. Self-improvement, fitness and a stress-free retreat are encouraged. ✪✪✪

CAPRICORN *(Dec. 22-Jan. 19):* Avoid crowded venues or people who don't respect your privacy. A renovation or change you make to your home or lifestyle will encourage you to free up time to do what makes you happy. Don't take on someone's responsibility. ✪✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Trouble will surface if you are too open about your thoughts. Keep your secrets to yourself and go about your business. A physical change will give you a boost and encourage you to take on an exciting project. ✪✪

PISCES *(Feb. 19-March 20):* Don't sit back; go after what you want, and don't stop until you are happy with the results. Expand your interests, but don't overspend. Do the work yourself, and take credit for what you accomplish. Use your imagination and be creative. ✪✪✪✪✪

Birthday Baby: You are energetic, spontaneous and kind. You are persistent and diplomatic.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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SUDOKU

Conceptis Sudoku *By Dave Green*

	9		7	3	2			
8					1	2		
		5		4			3	
7			6				9	2
6		1				8		4
2	4				7			1
	8			2		1		
		4	5					3
			1	7	9		8	

Difficulty Level ★ 5/16

©2012 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

6	9	5	1	2	3	4	7	8
2	8	3	4	7	5	6	9	1
1	4	7	6	8	9	2	5	3
9	3	2	8	6	7	5	1	4
4	7	8	9	5	1	3	6	2
5	1	6	2	3	4	7	8	9
8	5	9	7	4	2	1	3	6
7	2	1	3	9	6	8	4	5
3	6	4	5	1	8	9	2	7

Difficulty Level ★★★★

WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

TULIPS REMIND ME OF SPRING Solution: 5 letters

C	M	E	C	N	E	F	L	O	W	E	R	S	N	S
E	A	O	M	O	O	R	H	S	U	M	L	E	S	E
B	N	T	S	R	L	S	M	B	H	I	S	E	H	A
U	N	I	E	S	D	A	E	R	R	T	R	D	A	S
M	A	S	H	R	O	L	D	P	A	E	M	U	P	O
B	T	D	I	S	P	L	A	Y	V	F	K	R	E	N
L	U	B	T	R	N	I	B	O	B	R	O	I	A	N
E	R	R	U	E	P	U	L	Y	T	U	A	E	B	W
B	E	P	D	M	I	C	S	L	T	I	G	E	A	A
E	B	R	A	N	C	H	N	N	A	T	Y	D	S	L
E	A	R	X	O	N	I	U	Q	E	R	E	A	K	B
G	C	S	Q	U	I	R	R	E	L	L	L	H	E	U
H	P	R	I	H	C	A	P	E	T	A	L	S	T	L
N	T	E	L	O	I	V	S	T	E	M	O	O	L	B
A	R	R	A	N	G	E	M	E	N	T	W	Y	P	S

©2022 Andrews McMeel Syndication www.wonderword.com 5/16

April, Arrangement, Basket, Beauty, Bike, Birds, Bloom, Blossom, Branch, Bulbs, Bumblebee, Caterpillar, Chirp, Clover, Display, Equinox, Farm, Fence, Flower, Forest, Fruit, Garden, Ladybug, Lawn, March, Mushroom, Nature, Nest, Petals, Picnic, Pollen, Purple, Rain, Season, Seed, Shade, Shape, Sprout, Squirrel, Stem, Sunshine, Tree, Violet, Warmth, Yellow

Last Friday's Answer: Rabbi

To purchase **WONDERWORD** books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

Second no-hitter of season belongs to Angels rookie Detmers

LOS ANGELES (AP)— Angels rookie Reid Detmers pitched the majors' second no-hitter this season, cruising after he benefitted from a borderline error call in the seventh inning as Los Angeles beat the Tampa Bay Rays 12-0 Tuesday night.

The 22-year-old left hander threw a career-high 108 pitches in his 11th big-league start, striking out two and walking one. Detmers (2-1) completed the 12th no-hitter in franchise history when Yandy Diaz grounded out shortstop Andrew Velazquez to end the game.

He got a crucial assist from the official scorer in the seventh.

Brett Phillips reached with one out when first baseman Jared Walsh ranged to his right and bobbled Phillips' grounder. The crowd of 39,313 at Angel Stadium cheered and Walsh clapped moments later when the videoboard showed the play was ruled an error.

Mike Trout had his second multi-homer game of the season and drove in three for the Angels, who have won six of their last seven. His first homer came against Corey Kluber (1-2).

AP

Los Angeles Angels starting pitcher Reid Detmers (48) throws during the second inning of a baseball game against the Tampa Bay Rays in Anaheim, Calif., Tuesday, May 10, 2022.

Astros 5, Twins 0

In Minneapolis, Justin Verlander missed out on his fourth no-hitter by five outs but still faced the minimum through eight innings, and Houston beat Minnesota for its eighth straight win.

Twins third baseman Gio Urshela singled to right field with one out in the eighth to end Verlander's bid. The 39-year-old right-hander, in his first season back from Tommy John surgery, finished the eighth by getting Royce Lewis to ground into a double play.

Verlander struck out five and walked two on 89 pitches. He was vying to tie Sandy Koufax for second on the career no-hitter list. Nolan Ryan holds the record with seven.

Jeremy Peña drove in the first two runs for the Astros. Alex Bregman also had two RBIs, including a double to left in the fifth that drove in Jose Altuve.

Yankees 6, Blue Jays 5

In New York, Aaron Judge hit a mammoth three-run drive in the ninth inning for his first walk-off home run in the major leagues to give New York a comeback victory over Toronto.

Giancarlo Stanton tied it with a modest three-run shot in the sixth, and the Yankees rallied for their 14th victory in 16 games after three Toronto ejections left the angry Blue Jays seeing red.

George Springer launched a leadoff homer for Toronto, and Lourdes Gurriel Jr. hit a tie-breaking double in the eighth that helped the Blue Jays take a 5-3 lead.

Red Sox 9, Braves 4

In Atlanta, Rafael Devers hit his first career grand slam and last-place Boston broke out for clean-shaven manager Alex Cora and ended a five-game skid.

Devers' 432-foot blast off Kyle Wright (3-2) hit the center-field scoreboard behind the Braves' bullpen. Devers also had a double and a walk.

Christian Vázquez had a run-scoring single and Jackie Bradley Jr. drew a bases-loaded walk before Devers' slam gave Boston a 6-0 lead.

Travis d'Arnaud hit a two-run homer off Garrett Whitlock, who allowed three runs on four hits and four walks in three innings. Tyler Danish (1-0) allowed one hit in two scoreless innings.

Mets 4, Nationals 2

In Washington, a rat scurried through the outfield grass just before James McCann's sacrifice fly drove in the go-ahead score during a three-run sixth inning, and Carlos Carrasco nearly got to the seventh again, helping New York beat Washington.

The episode brought to mind one from a year ago — May 8, 2021, to be exact — involving a Mets club on the way to a disappointing 77-85 finish: Francisco Lindor and Jeff McNeil got into an argument during a game after they combined to flub a grounder. Soon after, Mets players rushed into the tunnel near the dugout.

Carrasco (3-1) gave up two runs in 6 2/3 innings. He began the day as the only pitcher in the majors who had gone more than seven innings in at least two starts.

In the sixth, once Nationals starter Patrick Corbin had been replaced by new call-up Carl Edwards Jr. (0-1), New York broke through, showing why it is now 21-10.

White Sox 4, Guardians 1

In Chicago, Gavin Sheets homered in his second straight game, Tim Anderson had three hits and 2 RBIs, and Chicago shook off the previous night's big collapse by beating Cleveland.

Lucas Giolito (2-1) went seven innings and gave up just the one run that came on Josh Naylor's homer to win his second straight start. He allowed six hits, struck out five and walked one.

The White Sox won their seventh of eight games, with the only blemish blowing a six-run lead in the ninth Monday night and losing in 11 innings.

Orioles 5, Cardinals 3

In St. Louis, Cedric Mullins and Tyler Nevin each homered and Kyle Bradish struck out 11 over seven strong innings, leading Baltimore over St. Louis.

Harrison Bader hit an inside-the-park home run in the sixth — the first for St. Louis at the current Busch Stadium and first for the Cardinals at home since 1985.

Bradish (1-1) pitched seven innings for his longest outing this season and his first career win. He gave up four hits, including the homer to Bader. Felix Bautista got the final out for his first career save.

Nevin gave Baltimore a 3-0 lead when he hit a one-out home run into the left field bullpen in the fourth, leading St. Louis to pull rookie pitcher Packy Naughton (0-1).

Rangers 6, Royals 4

In Arlington, Texas, Corey Seager snapped an 0-for-16 slump with two home runs, Martin Perez pitched 6 1/3 solid innings and Texas opened a nine-game homestand with a win over Kansas City.

Perez (1-2) struck out six without a walk and was charged with four runs, but only one of those was earned.

Joe Barlow worked a perfect ninth for his sixth save in as many opportunities.

Texas had three consecutive singles off Brad Keller (1-3) after Seager's two-out homer in the first, with Kole Calhoun's two-run hit making it 3-0.

Brewers 5, Reds 4

In Cincinnati, Josh Hader reached 500 career strikeouts, Luis Urías hit a tying home run and made a clutch catch, and Milwaukee stopped Cincinnati's season-high, two-game winning streak.

Jace Peterson broke a 1-1 tie in the sixth with the first of his two doubles for the NL Central-leading Brewers, who ended a three-game losing streak.

Hader worked around a leadoff walk in a hitless ninth and became only the third pitcher with saves in his first 12 appearances of a season after Lee Smith in 1994 and José Mesa in 2005.

Wandy Peralta (2-1) allowed one run and four hits in 5 2/3 innings with a season-high eight strikeouts and one walk. Hunter

Greene (1-5) lost his fifth straight start since winning his major league debut at Atlanta on April 10.

Padres 5, Cubs 4

In San Diego, Manny Machado hit a go-ahead double in the sixth inning and San Diego held on to beat Chicago in a thriller, hours after finding out manager Bob Melvin will have prostate surgery.

Melvin announced before the game that he'll have surgery Wednesday. He said he doesn't think he has cancer, "but they won't know until they get in there." Melvin, hired away from Oakland on Nov. 1, said he expects to miss at least a week's worth of games. Bench coach Ryan Christenson will serve as interim manager.

Closer Taylor Rogers allowed Ian Happ's RBI single with two outs in the ninth and loaded the bases before pinch-hitter Frank Schwindel sent a long drive to left field that Jurickson Profar caught at the wall. It was Rogers' 12th save in 13 chances.

Steve Wilson (3-0) got the win and Robert Gsellman (0-1) took the loss.

Mariners 5, Phillies 4

In Seattle, Robbie Ray (3-3) pitched into the sixth inning and had 10 strikeouts, the most by a Seattle pitcher this season. He gave up two runs on two hits while walking two in 5 2/3 innings.

Nick Castellanos, Rhys Hoskins and Jean Segura had solo homers for Philadelphia, which has lost six of eight. Phillies

manager Joe Girardi was ejected in the second inning for arguing when the Mariners' Adam Frazier was called safe after inadvertently knocking the ball out of first baseman Hoskins' glove on a play that led to a Seattle run.

Aaron Nola (1-4) lost his fourth straight decision, giving up four earned runs on nine hits.

Paul Sewald allowed a run while getting four outs but held on for his first save.

Giants 9, Rockies 2

In San Francisco, Alex Wood pitched into the sixth inning and didn't allow an earned run, Brandon Belt had an RBI double in his return to the lineup and San Francisco won its ninth straight against Colorado.

Curt Casali added three hits and two RBIs for San Francisco, which has won four straight since losing five in a row.

Wood (3-2) allowed seven hits and struck out four in 5 1/3 innings.

Antonio Senzatela (2-2) allowed five runs and seven hits in 3 2/3 innings.

Dodgers 11, Pirates 1

In Pittsburgh, Justin Turner hit three of Los Angeles' eight doubles and finished with four hits and four RBIs in an 11-1 victory over Pittsburgh.

The Dodgers hadn't hit eight doubles in a game since moving to Los Angeles from Brooklyn in 1958. The franchise record is nine.

Tony Gonsolin (3-0) allowed one hit in five shutout innings and had five strikeouts while walking four.

Edwin Rios had three hits and three RBIs while homering for the second straight game. Trea Turner and Gavin Lux contributed two hits each as the NL West-leading Dodgers had 15.

Bryse Wilson (0-2) was hammered for six runs and eight hits in 2 2/3 innings, needing 70 pitches to get eight outs. He struck out four and walked one.

Tigers 6, Athletics 0, game 1

Athletics 4, Tigers 1, game 2

In Detroit, Tarik Skubal led Detroit to a win in the opener of a unique doubleheader caused by Major League Baseball's lockout. With Oakland as the visiting team in the second game, 25-year-old Adrian Martinez pitched 5 1/3 scoreless innings to win his major league debut.

Detroit ended a 27-inning scoreless streak in the opener. Miguel Cabrera singled in the ninth inning of the second game, tying Wade Boggs for 30th with 3,010 hits.

Skubal (2-2) allowed three hits in seven innings, struck out five and walked three. Jonathan Schoop homered and scored twice on a day he raised his batting average from .139 to .157.

In the first game, Frankie Montas (2-3) allowed four runs, six hits and three walks in 6 1/3 innings.

Diamondbacks 9, Marlins 3

In Phoenix, Madison Bumgarner pitched effectively into the seventh inning in his first start since being ejected and Arizona made Torey Lovullo the winningest manager in franchise history.

Bumgarner (2-1) gave up a two-run homer to Jose Soler in a shaky first inning, but allowed two hits the rest of the way after his strange ejection against Miami last week.

Jordan Luplow hit a two-run homer off Jesus Luzardo (2-3) in the first inning.

Boston Celtics, Phoenix Suns happy to be home

PHOENIX (AP)— The NBA's long regular season can be tedious, but make no mistake, it matters.

Just ask the Boston Celtics and Phoenix Suns — two teams who have home-court advantage in Game 7 of their respective second-round NBA playoff series on Sunday thanks to superior regular-season records.

The Celtics host the Milwaukee Bucks a few hours before the Suns host the Dallas Mavericks in what could be a drama-filled day.

"It means everything," Celtics forward Jayson Tatum said of getting Game 7 in Boston. "The best atmosphere in the NBA. Game 7s are the biggest and best games. Looking forward to it, truly.

"It's basketball – biggest moments, biggest stage. What it boils down to is now go out there and just have fun."

Suns All-Star guard Devin Booker echoed those sentiments.

"We worked all season to have home-court advantage and get the last game in our house," Booker said. "It's exciting. It's Game 7. I've never been in a Game 7, so this will be fun."

The Mavericks have a particularly difficult task in their game against the Suns. The home team has won each of the first six games of the series, and many of those games have been blowouts.

"Our fan base is great for us, their fan base is great for them," Mavericks guard Jalen Brunson said. "Home-court advantage is a real thing. Respect to both fan bases making it difficult for the away team."

AP

Boston Celtics' Jayson Tatum tries to get past Milwaukee Bucks' Giannis Antetokounmpo during the second half of Game 6 of an NBA basketball Eastern Conference semifinals playoff series Friday, May 13, 2022, in Milwaukee.

It's the second consecutive year the Mavericks have played a Game 7. Dallas lost to the Clippers in Los Angeles in last year's contest after the visiting team won the first six games of the series.

The Celtics and Bucks have alternated victories throughout their series. By that pattern, it should be the Bucks' turn to get the win. But there's little doubt Boston's home court will be loud and hostile on Sunday.

"For me, I've just got to go play," Bucks forward Giannis Antetokounmpo said. "I want my teammates to enjoy the moment."

BUCKS AT CELTICS

NEED TO KNOW: These teams have alternated victories throughout the series, with the Bucks winning the odd-numbered games and the Celtics taking the even-numbered ones. The road teams are 4-2 and have won each of the last three games. Boston's Jayson Tatum and Milwaukee's Giannis Antetokounmpo have been spectacular. Antetokounmpo is averaging 35.3 points, 13.8 rebounds and 6.8 assists in this series, while Tatum is averaging 28.3 points, 6.3 rebounds and 5 assists. Tatum had 46 points and Antetokounmpo 44 in the Celtics' 108-95 Game 6 victory in Milwaukee, marking just the fifth time opponents have scored at least 44 points in the same playoff game. The Celtics are 24-9 all-time in Game 7s, compared to 3-8 for the Bucks.

KEEP AN EYE ON: The 3-point comparison. In Boston's three victories, the Celtics have shot 41.5% from 3-point range and have outscored the Bucks 153-57 from beyond the arc. In the Celtics' three losses, they have a much narrower 111-102 advantage from 3-point range and have made just 32.5% of their attempts.

INJURY WATCH: Bucks F Khris Middleton has missed nine straight playoff game with a sprained medial collateral ligament in his left knee. Celtics F/C Robert Williams III has missed three straight games with soreness in his surgically repaired left knee and is questionable for Game 7. "It's a pain-tolerance thing," Boston coach Ime Udoka said. "Soreness, swelling is down. It's just a matter of extension, inflexion and if the pain is gone basically with the bone bruise. Nothing structural. It's legitimately day to day."

PRESSURE IS ON: Bucks G Grayson Allen: After delivering a 22-point outburst and a 27-point performance in back-to-back games when the Bucks beat the Chicago Bulls in the first round, Allen hasn't been nearly as effective in this series despite moving into a starting role in Game 3. He has scored a total of 23 points over his last five games and has shot 2 of 14 from 3-point range during that stretch. Allen shot 1 of 7 overall and scored three points in Game 6.

MAVERICKS AT SUNS

NEED TO KNOW: The home team has won each of the first six games in this series, which now moves back to Phoenix for the final game. Though the series has been close, the individual games often have been blowouts: Three of the six have been decided by at least 20 points. Mavs star Luka Doncic has averaged more than 32 points per game in the series despite shooting just 29.6% from 3-point range. Doncic has been productive, but his supporting cast has struggled on the road against the Suns. Phoenix is shooting nearly 50% for the series but has struggled with turnovers. Devin Booker leads the Suns with 25.5 points per game.

KEEP AN EYE ON: Suns PG Chris Paul. The 12-time All-Star is having a difficult series, averaging just 6.5 assists, which is well below his regular-season average. The 37-year-old has had a handful of spectacular performances in the postseason over the past two years and the Suns might need another one on Sunday.

INJURY WATCH: Doncic appears to have a left thigh injury but he has downplayed the severity. It's something that bears watching in Game 7. Said Doncic: "I just felt like a little pop in

the beginning and then when I was warming up it was kind of OK. Now it's a little bit worse. But it's nothing serious."

PRESSURE IS ON: Suns. Phoenix is trying to make it back to the NBA Finals for a second straight season and had the league's best regular-season record. Losing in the second round of the playoffs would be a major disappointment. Dallas doesn't have nearly as great expectations.

Heat reach East finals, with Max Strus playing a key role

By TIM REYNOLDS
AP BASKETBALL WRITER

Division II player when he started college. Ended up at DePaul and went undrafted. Bounced around a couple of summer leagues. Went to training camp with Boston and didn't make the team. Signed two-way contracts with three different franchises. Spent time in the G League. Played all of six minutes as a rookie in the NBA two seasons ago.

And now, he's a starter on a team going to the Eastern Conference finals.

For the ninth time overall, and for the sixth time in the last 12 seasons, the Miami Heat are in the NBA's Final Four. A 99-90 win in Philadelphia on Thursday night gave the Heat a 4-2 series win in an East semifinal series, sending the Heat into the conference final against Boston or Milwaukee.

That series, no matter the opponent, starts Tuesday in Miami.

"It's one of the biggest moments, not only in my career, but in my life," Strus said. "This is the moment you want to be in being a basketball player and doing what we do for a living. And I'm super excited and want to start tomorrow."

Jimmy Butler led the way for Miami with 32 points, continuing his postseason of incredible numbers. Strus added 20 points, 11 rebounds and five assists for the Heat, joining a very small club of Miami players who have done that in postseason play.

LeBron James did it seven times. Bam Adebayo has three such games, Butler has two, and three players have one — Dwyane Wade, Shaquille O'Neal and Max Strus. Few might have suspected a couple years ago that his name would have been in a sentence alongside players like those, but here he is.

"He's gotten so much better from the time we started this year," Heat forward P.J. Tucker said. "He's definitely our most improved. He's really stepped up to be a guy that we count on, not only to make shots but to be aggressive. ... Even if he didn't believe it in himself, we believed in him."

With good reason.

Strus was playing a role for the Heat until late March, when Miami coach Erik Spoelstra decided it was time for a bigger role. The No. 1 seed in the East was beginning to slip away from the Heat and Spoelstra made some rotation tweaks— the most notable one being putting Strus in the starting lineup over Duncan Robinson.

Spoelstra agonized over the decision. The Heat are 14-3 when Strus starts since.

"He did everything last year and this summer to put himself in position to be able to take on a bigger role," Spoelstra said.

It wasn't just Strus who did that. Gabe Vincent — like Strus, one who went undrafted — had to start at point for Miami in all four of the Heat wins against Philadelphia because Kyle Lowry has a bad hamstring. And hamstrings are unpredictable, meaning there's no assurance Lowry will be ready for Game 1 against the Bucks or Celtics next week either.

Without those two, this series could have easily had a very, very different outcome for Miami.

But that wasn't the case, the Heat headed out of Philadelphia happy, and have half of the 16 wins they'll need to capture an NBA title.

Strus can't wait for the next challenge. He thinks the Heat are built for this.

"Our connection and trust in each other, it's there. It's special," Strus said. "You can tell. It's not just on the court, it's off. We all really like each other and enjoy each other, and love being around each other and want to play hard for each other."

NBA tweaks design of trophies, adds conference finals MVPs

NEW YORK (AP)—The NBA's championship trophy has a new look, and the league will hand out some new trophies for the first time during these playoffs.

The league unveiled a slightly redesigned Larry O'Brien Trophy on Thursday, plus announced changes to the Bill Russell NBA Finals MVP trophy and changes to the design of the conference championship trophies.

And four of the game's legends now have their names on NBA hardware.

The Eastern Conference championship trophy has been renamed for Bob Cousy, the Western Conference championship trophy for Oscar Robertson. And for the first time, there will be MVP's of the conference finals — the East finals MVP will receive the Larry Bird Trophy, the West finals MVP will receive the Magic Johnson Trophy.

"The NBA Conference Finals represent the last hurdle a team must face for an opportunity to make it to the big stage, the NBA Finals," Johnson said. "I'm truly honored to have my name memorialized on the Western Conference Finals Most Valuable Player Trophy."

The most visible change is to the Larry O'Brien, the trophy given to the NBA champions. The ball now tilts in a different direction, the netting is much more visible and the base is now round — two discs stacked atop one another, the first bearing the names of past champions, the second to bear the names of teams that win the title starting this year.

The conference finals MVP trophies awarded next month for the first time are similar to the Bill Russell trophy, which has a slightly different look as well. And the trophies presented to the East and West champions have new looks and new names — the Oscar Robertson Trophy goes to the West champion, the Bob Cousy Trophy to the East champion.

SCLC caging holds awards ceremony for masters, open divisions

By LEIGH GASES
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CORRESPONDENT

Team and individual awardees were feted when the Inaugural SCLC Basketball League held an awards ceremony after Game 2 of the best-of-three finals between Team Marianas and Lakay/Islander last Tuesday at the Civic Center Basketball Court in Susupe.

Leading the team awardees was Blue Haus after going undefeated in the masters division. Blue Haus is made up of John Santos, Elmer Esdrelon, Nelson Samson, Jovit Jumacquio, Bruce Berline, Jojo Elchico, Ed Diaz, Tony Diaz, Richard Peredo, Matt Buenabajo, Edwin Santos, and Junar Guiab. The latter was also adjudged finals MVP for leading his team in its two-game sweep of Eagle Construction in the finals.

Guiab said the team is glad that they were able to complete another undefeated season. "It was very fun. I am with Blue Haus and we were just focusing on the perfect record, which we did the past couple of years also."

Trophies were also presented to runner-up Eagle Construction and second runner-up NAPA Auto Parts, which also won best uniform in the masters division. Lakay/Islander won best in uniform in the open division. Saipan Maga'lahi Eagles took home the sportsmanship award in the masters category with Blue Haus Alii getting the same award in the open division. Blue Haus Alii also was given the third place trophy in the open category.

For individual awards, the best defensive player award in the masters division was given to Emmerson Claveria of Saipan Maga'lahi Eagles, while best in three points was given to John Santos of Blue Haus in the masters and Aiken Ege of Supertech Team in the open division.

LEIGH GASES

Award presenters from back, left to right, Saipan Centennial Lions Club service chair Mikey Guirey, Atoy Banting, representative candidate Frank Angel, SCLC president Marie Javier, SCLC Marketing chair Racquel Floyd, Rep. Roy Ada (R-Saipan), Eden Mercado, Alice Barbo, and Marie Rose pose with masters division champion team Blue Haus.

The trophies were presented by Saipan Centennial Lions Club president Marie Javier, SCLC club service chair Mikey Guirey, SCLC IPP Arceli Lizama, basketball league coordinator Boy Garcia, SCLC marketing chair Racquel Floyd, Rep. Roy Ada (R-Saipan), and representative candidate Frank Angel.

"We are very pleased to be invited here at this event. We were very grateful for [the Lion's Club] because they've been around for the longest time…they were just informing me about projects that they're going to run within the community. I really do want to contribute. I'm very happy and I'm pleased to be around so I can see the culture that they have and also share some ideas as to how we can help and assist and promote a healthy and happy living. They performed very well. I think everybody deserves an award and most especially the committee for hosting such a great event," said Ada.

After Game 3 of the open division finals last Thursday, Jeffrey Castro was named finals MVP after leading Team Marianas to the Promised Land, while his coach, Joe Diaz, was named best coach.

"I'm just proud because getting this award is an honor because of the team. They just believed in the system and I want to thank the Northern Mariana Islands Basketball Federation for sponsoring the event for the boys to get more tune-up games. I want to thank Pacific Amusement also for sponsoring our reversible jerseys," said Diaz.

TEAM

From Page 20

a house on fire and jumped to a 34-15 lead in the first quarter as Chioni Dela Cruz and Jack Aranda combined for a baker's dozen points. It was all the same in the second period as coach Joe Diaz's boys continued to lord it over Lakay/Islander until a late run to close the half allowed their opponents to trim their deficit to just 14 points, 48-34.

The third quarter was a Jeffrey Castro show as the cat-quick guard relieved his Game 2 heroics with another barrage from the land of plenty. His 3-pointer with time down to 4:46 in the period stretched Team Marianas' lead to 20 points, 63-43, after Lakay/Islander whittled down their advantage to just 11 points.

Team Marianas would enjoy their biggest lead at 70-43 when Dela Cruz was left all alone from rainbow territory, but Lakay/Islander had one last gasp left in them and a Zeric Gant triple to beat the third quarter buzzer capped a 7-0 run as Team Marianas saw its lead shaved to 18 points with a quarter to go in the contest.

Lakay/Islander last threatened when a R.J. Palacios' 3 inside the last 9 minutes cut it to 72-57. But Team Marianas would answer that with a run of their own beginning with a Coby Santos triple that was followed by Castro layup, a Santos floater, and layup and a 3 by Shane Deleon Guerrero.

On the defensive side, Team Marianas sent wave after wave of double teams on Basa as the former national player struggled with his shooting all game long. Diaz also clogged the lane against Marvin Rabauliman to make sure the inside operator had no room to muscle his way toward the basket.

By the time Aranda swished a mid-range jumper, Team Marianas was ahead by a whopping a 23 points, 87-64, at the 2:29 mark and the only thing left was for organizers to bring out the championship trophy and vote on the finals MVP and best coach.

Castro was named finals MVP after firing 18 points in Game 3, while Deleon Guerrero and Dela Cruz added 12 points apiece. Gant went berserk in the loss with 31 points and was the only double-figure score for Lakay/Islander.

Diaz, who was adjudged best coach, credited his players' mental fortitude in winning the championship especially after dropping the first game.

"Just the boys being prepared and having the mental toughness. I believe in our national players' skills and we polished a lot of their skills for one year. This is basically just a tune-up league for us where they basically need to come together as a team and as a unit. Because if you don't play as a team we wouldn't go far [in the FIBA Micronesian Cup]. As you could see Jeff was scoring and his teammates didn't care less and they were still helping each other. Everybody on the bench was supporting each other and believing in their teammates."

He added that stopping Lakay/Islander's Big 3 proved to be the key in beating their in two straight games.

"Part of the strategy was to stop Preston because he killed us in Game 1. We also focused in stopping Zeric and Marvin on the inside. We played half court man-to-man in the first and second quarters to get their first five tired and in the third quarter we put in the younger guys and make them more tired. We just had to utilize what we have and play smart basketball. We may not have the height but we developed the mentality of boxing out as a team because going off-island it's going to be a different story."

Team Marianas 91 – Castro 18, Deleon Guerrero 12, Dela Cruz 12, Flores 9, Aranda 9, Santos 8, Sablan 7, Augenbaugh 5, Brennan 5, Naraja 4, Aldan 2.

Lakay/Islander 66 – Gant 31, Jandoc 8, Basa 7, Rabauliman 6, Santos 4, Capalad 4, Quan 4, Palacios 3.

Scoring by quarters: 34-15, 48-34, 70-52, 91-66.

BACHANI

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Team member Denise Myers for first place in the women's division after crossing the finish line in 20:37.07. Myers was not far behind at 20:38.72, while teenager Kaithlyn Chavez was third in 21:41:53. The latter is a member of both the CNMI's athletics and triathlon national teams for this year's Pacific Mini Games.

"It was very good time for me. I am so happy. Beginning of the race about 10 people were in front of me. But I kept my pace and passed 2 kilometers in the lead against the other women's runners. The last 1 kilometer was hard and I dropped time and just tried to push myself," said Miller

She added the run course was perfectly organized. "I want to say thank you to all the volunteers for their hard work since early morning Saturday."

Miller said she will use the $250 she won for finishing atop the women's division to celebrate her son Michael's birthday.

Aside from Bachani and Miller taking home the top dough, Longuski and Myers pocketed the $150 second place purse, while Sato and Chavez settled for the $100 third place prizemoney.

Run Saipan president Edward Dela Cruz Jr. said a total of 459 took part in the event, which had two waves. The first wave was for competitive runners, while the second was for casual runners and walkers. He said if you count the additional family members who cheered everyone on, the total easily was north of 500 who attended the event, which was organized by the Marianas Visitors Authority and the Office of the Governor.

Dela Cruz also have kudos to Bachani, Sato, Longuski, and Cody Shimizu for keeping a torrid pace in the first half of the 5K race.

"These four hit the turnaround at 7 minutes and 30 seconds. That means they hit the first mile at 5:05/mile…7:30 at the 1.56 mile mark…that is freaking fast," he said.

Run Saipan helped in timing and organizing the Marianas Tourism Month 5K Fun Run.

In a social media post, Gov. Ralph DLG Torres thanked MVA and Run Saipan for organizing the Marianas Tourism Month 5K Fun Run.

"This morning, my family and I joined our community for the Fit To Lead CNMI Tourism Month 5K Fun Run, sponsored by the Marianas Visitors Authority, the Tan Siu Lin Foundation, Run Saipan, and the CNMI Office of the Governor. [The] turnout was overwhelming. To see people of all ages, from all walks of life, come together for a great cause to promote a healthier Marianas was awesome."

Torres, who ran alongside Dela Cruz, in the second wave as part of his personal fitness journey, encouraged everyone to exercise and stay healthy.

"I am so grateful for all the continuous support and encouragement that I have been receiving from my family, friends, and our community. I wouldn't be able to do this without your support. This is only the beginning. I look forward to more opportunities to bring our community together to promote a healthier lifestyle. Stay safe CNMI and keep active!"

SHERLYN

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of my fairway shots were good so they saved me a lot," said Jones.

Originally from Pohnpei in the Federated States of Micronesia, the January winner started playing the sport after being invited by Terry Attao to play a round in 2007.

"We were both retired from the government that time so we just played to enjoy each other's company. As the days go I started to get interested in the sport and started joining local golf clubs on island. I started playing with the Amigos Golf Association during the first couple years and now I'm a member in three different golf associations. Now my husband and our three sons are also playing golf," she added.

Coming in second to Jones in the May tournament was Lorraine Babauta who finished with the same net score but lost in a scorecard tiebreak. Babauta shot her net 73 following a 38 in the front nine before fading in the back with a 44 for her 82 gross. Third place went to Lydia Tan, who had a net 74 (90 gross, 42-58).

A total of 11 golfers took part in the CWGA May tournament. The rest were Yuko Togawa (net 78), Sae Hee Kim (net 79), Flor Jones (net 79), Mio Kim (net 80), Lou Kim (net 81), Terry Guerrero (net 82), Rose Rohringer (net 92), and Doll Yamagishi (gross 92).

The club continues to look for new members as the new season continues. For those interested in becoming a member of CWGA or for more information, contact CWGA president Yuko Togawa at 287-9856, vice president Lorraine Babauta at 287-0621, or treasurer Lou Kim at 783-7317.

Second no-hitter of season belongs to Angels rookie Detmers

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Team Marianas takes SCLC caging title

MARK RABAGO
Team Marianas players pose with coach Joe Diaz and officials of Saipan Centennial Lions Club and league organizers after winning the championship of the open division of the Inaugural SCLC Basketball League last Thursday at the Gillette Multi-Purpose Gymnasium in Gualo Rai.

MARK RABAGO
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ASSOCIATE EDITOR

Team Marianas smothered Lakay/Islander's main scorers and used their motion offense to perfection to win the championship of the open division of the Inaugural SCLC Basketball League last Thursday at the Gillette Multi-Purpose Gymnasium in Gualo Rai.

After allowing Preston Basa to basically lift Lakay/Islander to a Game 1 victory, Team Marianas limited the 3-point sharpshooter to just 7 points in Game 3 as the national basketball pool followed up their Game 2 win with a masterful 91-66 victory in Game 3 to annex the title.

Team Marianas started like

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Sherlyn Jones tops CWGA May tourney

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Sherlyn Jones won her second CNMI Women's Golf Association tournament of the year after topping last Saturday's May competition at the Kingfisher Golf Links in Talafofo.

The retired Commonwealth Health Center nurse tamed the greens and fairways with a net 73 following a gross of 81. The 8-handicapper fired a 40 in the first nine holes before returning to the clubhouse with a 41 in the final nine.

"The course's fairways were a little bit dry. Most

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CONTRIBUTED PHOTO
Sherlyn Jones, kneeling right, poses with her fellow CNMI Women's Golf Association members during the May tournament last Saturday at the Kingfisher Golf Links in Talafofo.

Bachani, Miller win Tourism Month 5K

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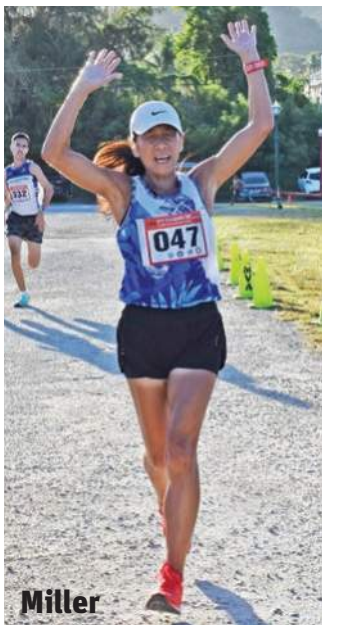
ASSOCIATE EDITOR

Speedsters Dev Bachani and Akiko Miller topped the Marianas Tourism Month 5K Fun Run that saw more than 400 runners and walkers tackle the course along Beach Road from the Garapan Fishing Base to the Japanese tank at Quartermaster Road intersection and back last Saturday.

Bachani held off a last-ditch challenge by Keith Longuski to win the men's division in a superb time of 18.27.39. The Kagman Health Center physician's assistant was just milliseconds off the Marianas High School senior's pace at 18:27.98. Kingfisher Golf Links general manager Kosuke Sato completed the Top 3 in 19:00.51.

"The whole race was very intense… It was very tiring and I couldn't feel my legs, but I felt very accomplished at the end," said the 17-year-old, who will play college soccer at Park University after graduation.

Asked what he'll do with $250 first place award, Bachani smartly said he'll save it.

Miller, for her part, nosed out CNMI National Athletics

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